



HEALTH SCORE

87%

Zingy courgette & spinach salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil for drizzling
- ☐ 4 zucchini sliced into sticks cut into disks on the diagonal, then
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 100 g baby spinach
- ☐ 1 lemon zest

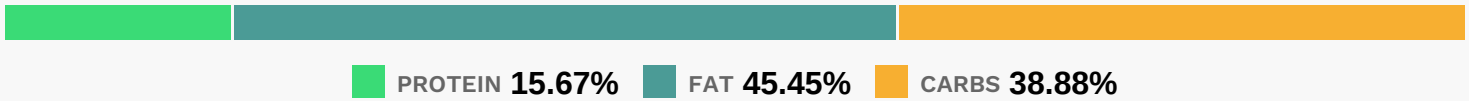
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tbsp oil in a frying pan. Fry the courgettes over a high heat until just tender, about 4 mins, adding the chilli for the final min. Take off the heat and toss though the spinach until just wilted.
- ☐ Add the lemon zest and season to taste. Put in a serving dish and pour over a little more olive oil just before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:18.694782806479%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 75.21kcal (3.76%), Fat: 4.28g (6.58%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 5.4g (1.96%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 36.6mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 132.86µg (126.53%), Vitamin C: 60.21mg (72.98%), Vitamin A: 2844.1IU (56.88%), Manganese: 0.59mg (29.61%), Folate: 98.32µg (24.58%), Vitamin B6: 0.43mg (21.39%), Potassium: 689.72mg (19.71%), Magnesium: 57.84mg (14.46%), Vitamin B2: 0.24mg (14.26%), Fiber: 2.84g (11.35%), Phosphorus: 91.75mg (9.17%), Vitamin E: 1.33mg (8.85%), Iron: 1.55mg (8.61%), Vitamin B1: 0.12mg (7.78%), Copper: 0.15mg (7.61%), Vitamin B3: 1.21mg (6.05%), Calcium: 59.73mg (5.97%), Zinc: 0.79mg (5.28%), Vitamin B5: 0.44mg (4.43%), Selenium: 0.71µg (1.01%)