



Zucchini

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- 0.3 cup basil fresh chopped
- 0.5 clove garlic chopped
- 1 teaspoon jalapeno chopped
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin plus more for drizzling
- 1 teaspoon oregano fresh chopped
- 4 servings pepper freshly ground
- 0.3 cup pinenuts plus more for topping chopped

- 5 medium vine-ripened tomatoes
- 4 large zucchini yellow

Equipment

- food processor
- bowl
- blender
- mandoline
- colander
- peeler

Directions

- Trim and peel the zucchini, then use a mandoline or a vegetable peeler to thinly slice lengthwise into wide ribbons (stop when you get to the seeds).
- Cut the ribbons into 1/4-to-1/2-inch-wide strips to make them look like fettuccine.
- Transfer to a colander and toss with 3/4 teaspoon salt; let drain in the sink, tossing occasionally, about 30 minutes. Rinse well and pat dry.
- Meanwhile, peel the tomatoes using a sharp vegetable peeler, then halve horizontally and squeeze out the seeds. Puree 1 tomato with the olive oil, garlic, jalapeno, and 1/4 teaspoon each salt and pepper in a food processor or blender.
- Transfer to a bowl. Chop the remaining 4 tomatoes and add to the bowl; add the pine nuts, basil, oregano, and salt to taste.
- Divide the zucchini among bowls and top with the tomato sauce. Top with more pine nuts and drizzle with olive oil.
- Photograph by Kate Sears

Nutrition Facts



PROTEIN 9.29% **FAT 64.41%** **CARBS 26.3%**

Properties

Glycemic Index:59.75, Glycemic Load:3.98, Inflammation Score:-9, Nutrition Score:25.265652039777%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 258.32kcal (12.92%), Fat: 20.2g (31.08%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 12.55g (4.56%), Sugar: 11.53g (12.81%), Cholesterol: 0mg (0%), Sodium: 208.68mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 77.92mg (94.45%), Manganese: 1.55mg (77.3%), Vitamin B6: 0.85mg (42.64%), Vitamin K: 44.25µg (42.14%), Vitamin A: 2030.87IU (40.62%), Potassium: 1277.85mg (36.51%), Folate: 122.17µg (30.54%), Vitamin B2: 0.51mg (30.13%), Vitamin E: 4.1mg (27.32%), Fiber: 6.01g (24.06%), Magnesium: 95.77mg (23.94%), Phosphorus: 210.79mg (21.08%), Copper: 0.38mg (18.95%), Vitamin B1: 0.25mg (16.36%), Vitamin B3: 2.91mg (14.57%), Iron: 2.34mg (13%), Zinc: 1.78mg (11.84%), Calcium: 77.34mg (7.73%), Vitamin B5: 0.68mg (6.79%), Selenium: 0.8µg (1.14%)