



 **59%**
HEALTH SCORE

Zucchini and Carrot a Scapece

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



520 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients

- 1 pound carrots peeled cut into 1/4-inch rounds
- 0.3 cup basil leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 3 garlic cloves thinly sliced
- 0.3 cup olive oil extra-virgin
- 0.3 cup red wine vinegar
- 6 servings salt and pepper black freshly ground
- 2 pounds zucchini cut into 1/4-inch rounds

Equipment

- frying pan
- baking pan
- slotted spoon

Directions

- Watch how to make this recipe.
- Heat 1/3 cup oil in a heavy large frying pan over medium-high heat. Working in batches, add the zucchini and fry until golden, about 2 minutes per side. Using a slotted spoon, transfer the fried zucchini to a baking dish.
- Sprinkle generously with salt and pepper.
- Sprinkle half of the garlic, basil, and mint leaves over the zucchini.
- Add the remaining oil to the frying pan.
- Add the carrots to the hot oil and saute until golden, about 5 minutes. Using a slotted spoon, transfer the fried carrots to the dish of zucchini.
- Sprinkle generously with salt and pepper.
- Sprinkle the remaining garlic, basil, and mint leaves over.
- Drizzle the vinegar over the vegetable mixture and toss gently to coat. Cool to room temperature. Cover and marinate in the refrigerator overnight. Allow the vegetables to come to room temperature before serving.
- Transfer the scapece to a platter.
- Serve with bread, fish or chicken.

Nutrition Facts



PROTEIN 6.21% FAT 64.71% CARBS 29.08%

Properties

Glycemic Index:32.31, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:15.070434710254%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 168.7kcal (8.43%), Fat: 12.7g (19.54%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 8.99g (3.27%), Sugar: 7.38g (8.2%), Cholesterol: 0mg (0%), Sodium: 66.19mg (2.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin A: 13065IU (261.3%), Vitamin C: 32.82mg (39.78%), Vitamin K: 28.04µg (26.71%), Manganese: 0.45mg (22.58%), Potassium: 661.51mg (18.9%), Vitamin B6: 0.37mg (18.68%), Vitamin E: 2.42mg (16.12%), Fiber: 3.85g (15.41%), Folate: 53.53µg (13.38%), Vitamin B2: 0.19mg (11.39%), Magnesium: 39.37mg (9.84%), Phosphorus: 89.09mg (8.91%), Vitamin B1: 0.12mg (8.19%), Vitamin B3: 1.48mg (7.39%), Copper: 0.13mg (6.55%), Calcium: 59.34mg (5.93%), Iron: 1.06mg (5.89%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.72mg (4.77%)