



Zucchini and Lemon Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 plum tomatoes diced
- ☐ 1 small zucchini

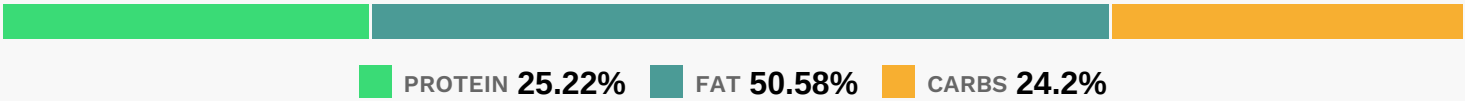
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Working over a medium bowl, run a vegetable peeler lengthwise along the zucchini to make long, thin ribbons. (Stop peeling and turn when you reach the seeds at the core.)
- ☐ Add the lemon juice, cheese, tomato, and pepper. Toss and transfer to a plate.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:9.9743478971979%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 107.97kcal (5.4%), Fat: 6.44g (9.9%), Saturated Fat: 4.2g (26.28%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.91g (1.79%), Sugar: 5.08g (5.65%), Cholesterol: 12.88mg (4.29%), Sodium: 115.73mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin C: 33.49mg (40.59%), Vitamin A: 1043.67IU (20.87%), Manganese: 0.34mg (17.03%), Vitamin B6: 0.32mg (15.86%), Copper: 0.31mg (15.45%), Vitamin B2: 0.23mg (13.59%), Potassium: 475.82mg (13.59%), Phosphorus: 132.6mg (13.26%), Folate: 43.02µg (10.76%), Vitamin K: 10.89µg (10.37%), Magnesium: 33.57mg (8.39%), Fiber: 2.02g (8.07%), Calcium: 65.99mg (6.6%), Vitamin B1: 0.1mg (6.55%), Iron: 1.17mg (6.49%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.75mg (4.99%), Vitamin E: 0.54mg (3.63%), Selenium: 1.04µg (1.49%)