

Zucchini and Mushroom Salad with Ricotta Salata

 Vegetarian  Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 sprigs chervil fresh chopped
- 1 pound crimini mushrooms cleaned trimmed
- 3 tablespoons juice of lemon
- 0.5 pound pecorino grated
- 4 servings salt and pepper black to taste
- 4 large zucchini yellow sliced into long, thin strips

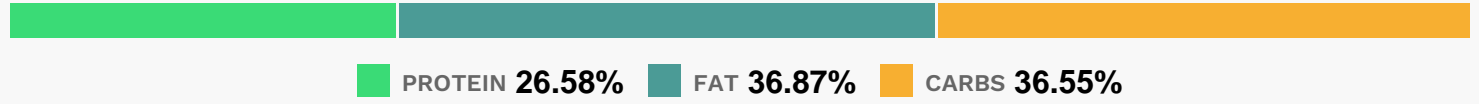
Equipment

bowl

Directions

Lightly toss together the zucchini strips, mushrooms, chervil, ricotta salata cheese, and lemon juice in a salad bowl. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:28.017391153004%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 190.47kcal (9.52%), Fat: 8.69g (13.37%), Saturated Fat: 5g (31.26%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 14.99g (5.45%), Sugar: 10.46g (11.62%), Cholesterol: 28.92mg (9.64%), Sodium: 277.49mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.19%), Vitamin C: 64.17mg (77.78%), Vitamin B2: 1mg (58.75%), Selenium: 39.53µg (56.48%), Potassium: 1611.81mg (46.05%), Manganese: 0.82mg (41.1%), Copper: 0.77mg (38.48%), Phosphorus: 367.3mg (36.73%), Vitamin B6: 0.72mg (35.9%), Folate: 125.88µg (31.47%), Vitamin B3: 6.05mg (30.26%), Vitamin B5: 2.5mg (24.95%), Calcium: 244.09mg (24.41%), Vitamin A: 1132.99IU (22.66%), Zinc: 3.3mg (21.98%), Magnesium: 80.46mg (20.12%), Vitamin B1: 0.28mg (18.56%), Fiber: 4.4g (17.58%), Iron: 3.15mg (17.52%), Vitamin K: 14.51µg (13.82%), Vitamin B12: 0.31µg (5.1%), Vitamin E: 0.48mg (3.19%), Vitamin D: 0.23µg (1.51%)