



Zucchini and Roasted Red Pepper Bites



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 medium zucchini
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 package cream cheese softened (8-oz size)
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 Dash salt
- ☐ 1 roasted peppers red thinly sliced
- ☐ 2 tablespoons feta cheese crumbled

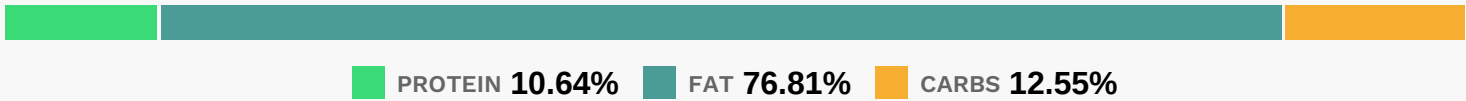
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Use mandoline slicer or knife to slice zucchini into 1/4-inch-thick slices.
- ☐ Place slices in small bowl.
- ☐ Add 1 tablespoon of the lemon juice; toss.
- ☐ In another small bowl, beat remaining 1 tablespoon lemon juice, the cream cheese, chives and salt with whisk until well blended.
- ☐ Arrange zucchini slices on large platter. Top each slice with generous teaspoon cream cheese mixture, a few red pepper slices and some crumbled feta cheese.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:5.2895651686451%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 133.27kcal (6.66%), Fat: 11.75g (18.08%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.49g (2.77%), Cholesterol: 36.1mg (12.03%), Sodium: 325.94mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin C: 16.41mg (19.89%), Vitamin A: 594.47IU (11.89%), Vitamin B2: 0.19mg (11.03%), Calcium: 82.09mg (8.21%), Phosphorus: 80.38mg (8.04%), Vitamin B6: 0.15mg (7.63%), Manganese: 0.11mg (5.54%), Potassium: 193.9mg (5.54%), Selenium: 3.84µg (5.49%), Folate:

20.79µg (5.2%), Vitamin K: 4.45µg (4.24%), Zinc: 0.57mg (3.78%), Magnesium: 14.76mg (3.69%), Vitamin B5: 0.36mg (3.59%), Vitamin B12: 0.21µg (3.43%), Vitamin B1: 0.05mg (3.09%), Fiber: 0.64g (2.57%), Copper: 0.05mg (2.41%), Vitamin E: 0.33mg (2.2%), Iron: 0.36mg (2%), Vitamin B3: 0.39mg (1.97%)