



Zucchini Carpaccio

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 4 servings mint leaves fresh for garnish
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 leek white sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 pound parmesan
- ☐ 2 medium zucchini

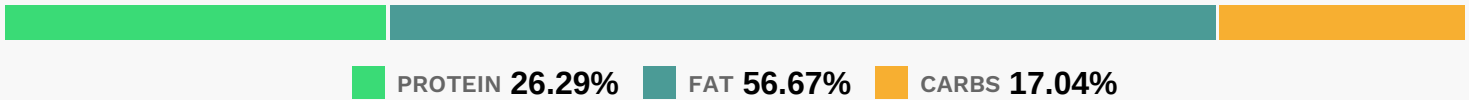
Equipment

- ☐ knife
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Using a mandolin or a very sharp knife, slice zucchini into very thin rounds. Overlap zucchini disks in 1 layer on a plate; season with salt and pepper.
- ☐ Drizzle over the olive oil and lemon juice and scatter with leeks. Using a mandoline or a vegetable peeler, shave very thin slices of Parmesan and place them over leeks.
- ☐ Garnish with mint leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:10.771739003451%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 174.08kcal (8.7%), Fat: 11.22g (17.27%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.09g (2.22%), Sugar: 3.64g (4.04%), Cholesterol: 19.28mg (6.43%), Sodium: 466.89mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Calcium: 367.6mg (36.76%), Vitamin C: 21.98mg (26.64%), Phosphorus: 242.96mg (24.3%), Vitamin A: 831.57IU (16.63%), Vitamin K: 17.42µg (16.59%), Manganese: 0.31mg (15.56%), Vitamin B6: 0.24mg (12.03%), Vitamin B2: 0.2mg (11.55%), Folate: 41.65µg (10.41%), Selenium: 6.81µg (9.72%), Potassium: 332.83mg (9.51%), Magnesium: 37.54mg (9.38%), Zinc: 1.13mg (7.56%), Iron: 1.15mg (6.36%), Fiber: 1.5g (5.99%), Vitamin E: 0.9mg (5.97%), Vitamin B12: 0.34µg (5.67%), Vitamin B1: 0.07mg (4.69%), Copper: 0.09mg (4.65%), Vitamin B5: 0.37mg (3.69%), Vitamin B3: 0.63mg (3.15%)