



Zucchini Carpaccio Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb arugula cut into 1/2-inch-wide strips (6 cups)
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 oz parmigiano-reggiano grated (on large holes of a box grater;)
- ☐ 1.3 teaspoons salt
- ☐ 1.5 lb zucchini (3 large)

Equipment

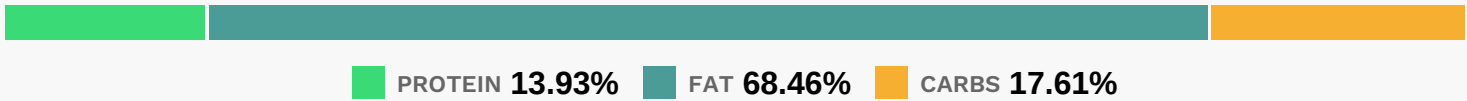
- ☐ bowl

- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Cut zucchini crosswise into paper-thin slices with slicer.
- ☐ Toss zucchini slices with 1 teaspoon salt in a large colander set over a bowl and let drain 20 minutes.
- ☐ Rinse zucchini slices well, then drain, pressing gently on slices to extract any excess liquid. Pat zucchini slices dry with a kitchen towel.
- ☐ Put arugula greens in a large bowl.
- ☐ Sprinkle with 1/4 cup Parmigiano-Reggiano and remaining 1/4 teaspoon salt.
- ☐ Drizzle 1 1/2 tablespoons of oil over greens and toss.
- ☐ Arrange zucchini slices over arugula greens, then drizzle with remaining oil and sprinkle with remaining 1/4 cup Parmigiano-Reggiano and pepper.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:16.129130596052%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 164.01kcal (8.2%), Fat: 13.25g (20.39%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.03g (1.83%), Sugar: 5.47g (6.08%), Cholesterol: 4.82mg (1.61%), Sodium: 869.4mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 75.76µg (72.15%), Vitamin C: 38.95mg (47.21%), Vitamin A: 1741.7IU (34.83%), Manganese: 0.5mg (25.12%), Folate: 96.34µg (24.08%), Calcium: 202.96mg (20.3%), Potassium: 661.61mg (18.9%), Vitamin B6: 0.33mg (16.27%), Magnesium: 60.62mg (15.15%), Phosphorus: 143.5mg (14.35%), Vitamin B2: 0.23mg (13.67%), Vitamin E: 1.98mg (13.18%), Fiber: 2.64g (10.56%), Iron: 1.59mg (8.85%), Vitamin B1: 0.1mg (6.96%), Copper: 0.14mg (6.89%), Zinc: 1.01mg (6.73%), Vitamin B5: 0.63mg (6.29%),

Vitamin B3: 0.96mg (4.8%), Selenium: 2.11µg (3.02%), Vitamin B12: 0.09µg (1.42%)