



Zucchini Carpaccio with Homemade Ricotta Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 10 servings kosher salt
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 10 servings ricotta cheese homemade

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5 medium zucchini trimmed

Equipment

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bowl

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knife

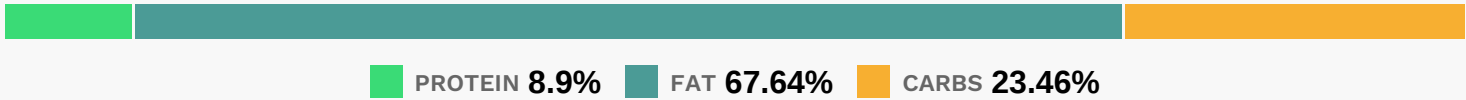
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whisk

Directions

- ☐ Using knife or V-slicer, cut zucchini into paper-thin rounds. Arrange rounds, slightly overlapping, on large platter.
- ☐ Sprinkle lightly with coarse salt and pepper, then green onions.
- ☐ Whisk lemon juice and oil in small bowl.
- ☐ Drizzle dressing evenly over zucchini. Drop small spoonfuls of cheese all over zucchini.
- ☐ Sprinkle with basil and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:5.0413043112697%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 57.63kcal (2.88%), Fat: 4.66g (7.18%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2.62g (2.92%), Cholesterol: 0.51mg (0.17%), Sodium: 203.02mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 19.81mg (24.01%), Vitamin K: 13.55µg (12.9%), Manganese: 0.2mg (9.79%), Vitamin B6: 0.16mg (8.23%), Potassium: 270.68mg (7.73%), Folate: 26.36µg (6.59%), Vitamin B2: 0.1mg (5.71%), Vitamin E: 0.75mg (4.98%), Vitamin A: 246.29IU (4.93%), Magnesium: 18.93mg

(4.73%), Fiber: 1.09g (4.35%), Phosphorus: 40.45mg (4.05%), Vitamin B1: 0.05mg (3.12%), Copper: 0.06mg (2.89%), Iron: 0.45mg (2.52%), Vitamin B3: 0.46mg (2.32%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.21mg (2.12%), Calcium: 21.06mg (2.11%)