



# Zucchini Foam---Spuma di Zucchini

 **Gluten Free** Image not found or type unknown

READY IN

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ready

**90 min.**

SERVINGS

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servings

**4**

CALORIES

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calories

**478 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings bell pepper black
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 bulbs garlic separated unpeeled
- ☐ 1 cup heavy cream
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup olive oil plus 4 tablespoons extra-virgin
- ☐ 1.3 cups parmigiano-reggiano
- ☐ 5.5 teaspoons salt

☐ 6 small to 8 zucchini to yield 2 pounds sliced in half lengthwise

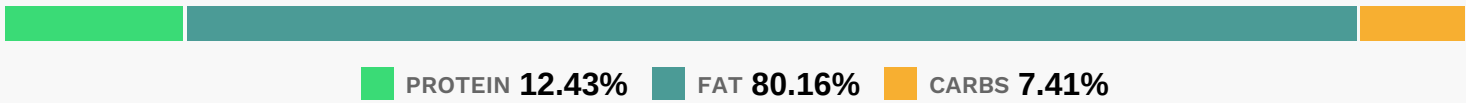
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the zucchini on a baking sheet, cut side down. Arrange the garlic cloves around the zucchini, drizzle with the olive oil and season with salt and pepper. Roast in the oven 40 minutes, until zucchini are blackened in some spots and garlic is golden brown. Allow to cool and remove skins from garlic cloves. In the bowl of a food processor, combine the zucchini, garlic, Parmigiano-Reggiano, lemon juice, zest and heavy cream and process until smooth.
- ☐ Add the basil, process for 15 seconds and remove to a chilled bowl. Refrigerate 30 minutes.
- ☐ To serve, place a 3 tablespoon dollop in the center of each of 4 plates and sprinkle with young arugula.
- ☐ Drizzle with remaining oil and serve.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:16.646956796231%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 478.11kcal (23.91%), Fat: 43.65g (67.16%), Saturated Fat: 20.83g (130.18%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.05g (2.56%), Sugar: 6.5g (7.22%), Cholesterol: 88.49mg (29.5%), Sodium: 3729.14mg (162.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.45%), Calcium: 450.18mg (45.02%), Vitamin C: 34.98mg (42.4%), Vitamin A: 1632.39IU (32.65%), Phosphorus: 322.96mg (32.3%), Vitamin K: 30.81µg (29.35%), Vitamin B2: 0.39mg (22.78%), Manganese: 0.4mg (20.03%), Vitamin E: 2.8mg (18.68%), Vitamin B6: 0.36mg (18.19%), Potassium: 566.63mg (16.19%), Selenium: 9.42µg (13.45%), Magnesium: 52.55mg (13.14%), Folate: 49.34µg (12.34%), Zinc: 1.62mg (10.82%), Fiber: 2.03g (8.14%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 1.11µg (7.39%), Vitamin B1: 0.11mg (7.25%), Vitamin B5: 0.68mg (6.76%), Iron: 1.22mg (6.75%), Copper: 0.13mg (6.58%), Vitamin B3: 0.97mg (4.83%)