



## Zucchini “Linguine” with Pistachios and Mint

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 juice of lemon
- 2 teaspoon lemon zest
- 2 tablespoon mint leaves chopped
- 2 tablespoon olive oil
- 6 servings parmesan cheese
- 0.5 cup pistachios chopped
- 6 servings salt and pepper to taste
- 2 tablespoon shallots minced

1 pound summer squash yellow

## Equipment

knife

whisk

mandoline

peeler

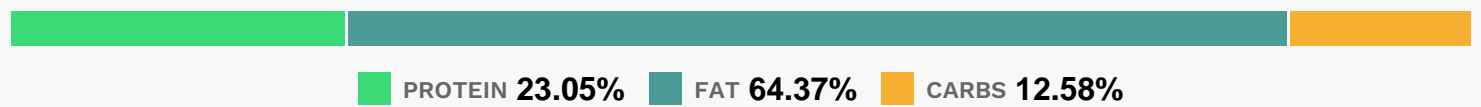
## Directions

Getting the long thin “linguini” like strands of zucchini is vital to the success of this recipe. The thin threads are served raw and the acid in the dressing cooks the “pasta”. You may use a peeler with a julienne blade, or also a mandoline. If you have good knife skills you may even use a chef’s knife. Whatever process you use just make sure the strands are as long and thin as you can reasonably achieve. To make the dressing mix the shallots, olive oil, lemon juice and zest together with some salt and pepper. Shake or whisk well to emulsify.

Pour this mixture over the zucchini threads and toss well. Season with more salt and pepper to taste. Shave long thin strips of Parmesan cheese over the zucchini, followed by the pistachios and mint.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:11.027391257493%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg

0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin:  
0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## **Nutrients (% of daily need)**

Calories: 233.53kcal (11.68%), Fat: 17.24g (26.52%), Saturated Fat: 6.18g (38.6%), Carbohydrates: 7.58g (2.53%), Net  
Carbohydrates: 5.37g (1.95%), Sugar: 3.1g (3.45%), Cholesterol: 20.4mg (6.8%), Sodium: 677.1mg (29.44%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Calcium: 383.95mg (38.39%), Phosphorus: 290.85mg  
(29.08%), Vitamin C: 17.02mg (20.63%), Vitamin B6: 0.38mg (19.17%), Manganese: 0.29mg (14.59%), Vitamin B2:  
0.23mg (13.51%), Selenium: 7.67µg (10.96%), Potassium: 357.65mg (10.22%), Magnesium: 40.89mg (10.22%),  
Vitamin A: 499.6IU (9.99%), Copper: 0.19mg (9.57%), Vitamin B1: 0.14mg (9.48%), Fiber: 2.21g (8.85%), Zinc: 1.31mg  
(8.71%), Folate: 33.37µg (8.34%), Vitamin E: 1.08mg (7.17%), Vitamin B12: 0.36µg (6%), Iron: 1.07mg (5.97%), Vitamin  
K: 5.61µg (5.35%), Vitamin B5: 0.33mg (3.3%), Vitamin B3: 0.63mg (3.13%)