



Zucchini-Mushroom "Linguine"

 Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons chives thinly sliced
- 0.3 cup olive oil extra virgin
- 3 tablespoons basil fresh chopped
- 3.5 oz mushroom caps fresh
- 2 tablespoons juice of lemon fresh
- 20 servings parmesan freshly grated
- 0.3 cup pecans salted toasted chopped
- 0.5 teaspoon pepper freshly ground

- 0.5 shallots minced
- 0.5 teaspoon salt
- 1.5 pounds zucchini

Equipment

- bowl
- whisk
- cutting board

Directions

- Cut stems from mushrooms and, if desired, reserve for another use.
- Cut mushroom caps into thin slices.
- Whisk together olive oil and next 4 ingredients in a large bowl. Stir in mushrooms; let stand 10 minutes.
- Meanwhile, cut zucchini lengthwise into 1/8- to 1/4-inch-thick slices. Stack 2 or 3 slices on a cutting board, and cut lengthwise into thin strips (similar to linguine). Repeat with remaining zucchini.
- Toss zucchini in olive oil mixture.
- Let stand 20 minutes, stirring occasionally. Fold in chives and basil.
- Transfer to a serving platter; sprinkle with pecans and cheese.
- Serve immediately.
- * 1/2 (8-oz.) package button mushrooms may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:7.0126085955164%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 12.68g (19.51%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.37g (1.52%), Cholesterol: 20.4mg (6.8%), Sodium: 542.1mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Calcium: 363.46mg (36.35%), Phosphorus: 232.26mg (23.23%), Selenium: 7.18µg (10.26%), Vitamin B2: 0.15mg (8.57%), Vitamin C: 7.05mg (8.55%), Manganese: 0.17mg (8.28%), Zinc: 1.07mg (7.12%), Vitamin A: 339.06IU (6.78%), Vitamin K: 6.49µg (6.18%), Vitamin B12: 0.36µg (6%), Magnesium: 23mg (5.75%), Vitamin B6: 0.1mg (5.24%), Vitamin E: 0.65mg (4.36%), Potassium: 144.8mg (4.14%), Folate: 12.47µg (3.12%), Vitamin B5: 0.3mg (3.01%), Copper: 0.06mg (2.89%), Fiber: 0.68g (2.7%), Iron: 0.48mg (2.69%), Vitamin B1: 0.04mg (2.66%), Vitamin B3: 0.46mg (2.28%), Vitamin D: 0.17µg (1.13%)