

food
network



HEALTH SCORE

62%

Zucchini Pappardelle with Roasted Tomato Vinaigrette, Arugula and Feta Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bunches arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 20 cherry tomatoes
- ☐ 1 tablespoon dijon mustard
- ☐ 3 ounces feta french crumbled
- ☐ 2 cloves garlic minced

- ☐ 0.5 teaspoon honey
- ☐ 3 ounces kalamata olives pitted chopped
- ☐ 0.5 teaspoon lemon zest
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon paprika smoked sweet spanish
- ☐ 1 teaspoon rosemary minced
- ☐ 1 pinch big gray salt
- ☐ 2 teaspoons thyme leaves minced
- ☐ 4.5 pounds zucchini

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ mandoline
- ☐ broiler

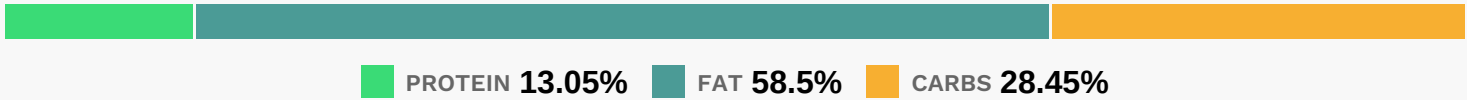
Directions

- ☐ Preheat the broiler.
- ☐ To make the dressing, in a small bowl mix the vinegar, mustard, honey, and salt.
- ☐ Whisk in 3 tablespoons olive oil. Season with the zest and pepper.
- ☐ Using a mandoline, slice the zucchini lengthwise into 1/8-inch thick pappardelle turning the zucchini and slicing on 4 sides only until the seeds in the center are reached. Discard the centers.
- ☐ In a small bowl combine the garlic, thyme, rosemary, and paprika with the remaining tablespoon of olive oil.
- ☐ Spread the zucchini slices on a large baking sheet and brush them with the garlic mixture. Broil for 3 minutes until light brown.
- ☐ Coat the cherry tomatoes with the remaining garlic mixture in a bowl.

- ☐
- Put them on another baking sheet and broil for 1 to 2 minutes or until some skins pop and the tomatoes get slightly caramelized.

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Nutrition Facts



Properties

Glycemic Index:66.71, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:24.870869911235%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 13.15mg, Kaempferol: 13.15mg, Kaempferol: 13.15mg, Kaempferol: 13.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 229.55kcal (11.48%), Fat: 16.1g (24.77%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 12.36g (4.49%), Sugar: 12.13g (13.48%), Cholesterol: 12.62mg (4.21%), Sodium: 462.23mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin C: 81.09mg (98.29%), Vitamin K: 63.83µg (60.79%), Vitamin A: 2165.71IU (43.31%), Manganese: 0.85mg (42.55%), Vitamin B6: 0.72mg (35.79%), Potassium: 1192.72mg (34.08%), Folate: 131.28µg (32.82%), Vitamin B2: 0.5mg (29.17%), Magnesium: 92.29mg (23.07%), Phosphorus: 220.27mg (22.03%), Fiber: 5.26g (21.03%), Calcium: 207.48mg (20.75%), Vitamin E: 2.91mg (19.37%), Iron: 2.71mg (15.05%), Vitamin B1: 0.22mg (14.89%), Copper: 0.29mg (14.35%), Zinc: 1.82mg (12.14%), Vitamin B5: 1.1mg (10.99%), Vitamin B3: 2.19mg (10.97%), Selenium: 4.36µg (6.22%), Vitamin B12: 0.24µg (3.99%)