



 9%  
HEALTH SCORE

## Zucchini Ribbon Caper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon capers drained and rinsed
- 1 garlic crushed
- 0.5 lemon zest
- 2 tablespoons olive oil
- 3 servings salt and pepper
- 1 tomatoes deseeded
- 2 small zucchini peeled

### Equipment

## Directions

- Toss the zucchini strips with the oil, lemon zest and juice, garlic, salt and pepper. Set aside for 30 minutes to marinate. Divide between 2-3 plates and top with capers, tomato julienne.
- Drizzle any extra dressing over if desired. To garnish, sprinkle a pinch of dried parsley over.

## Nutrition Facts

**PROTEIN 5.21%** **FAT 78.1%** **CARBS 16.69%**

## Properties

Glycemic Index:27.67, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:5.8582608695652%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

## Taste

Sweetness: 40.17%, Saltiness: 100%, Sourness: 44.37%, Bitterness: 36.71%, Savoriness: 46.75%, Fattiness: 59.18%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 105.83kcal (5.29%), Fat: 9.7g (14.92%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.17g (1.15%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 276.39mg (12.02%), Protein: 1.45g (2.91%), Vitamin C: 21.42mg (25.96%), Vitamin K: 12.91µg (12.3%), Vitamin E: 1.69mg (11.24%), Manganese: 0.21mg (10.26%), Vitamin A: 503.13IU (10.06%), Potassium: 309.3mg (8.84%), Vitamin B6: 0.18mg (8.79%), Folate: 25.8µg (6.45%), Fiber: 1.49g (5.96%), Vitamin B2: 0.09mg (5.14%), Magnesium: 19.95mg (4.99%), Phosphorus: 41.65mg (4.16%), Copper: 0.08mg (4%), Vitamin B1: 0.05mg (3.58%), Vitamin B3: 0.63mg (3.13%), Iron: 0.53mg (2.92%), Zinc: 0.34mg (2.3%), Calcium: 21.12mg (2.11%), Vitamin B5: 0.21mg (2.07%)