



Zucchini Ribbon Salad

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted chopped
- 0.3 cup chiffonade basil leaves fresh
- 0.5 teaspoon pepper black freshly ground
- 1 cup frisee torn into pieces
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon freshly squeezed
- 1 ounce manchego cheese shaved
- 3 tablespoons olive oil extra-virgin

- 0.3 cup radishes thinly sliced
- 0.5 small onion red thinly sliced
- 2 teaspoons whole-grain mustard
- 2 pounds zucchini trimmed

Equipment

- bowl
- whisk
- mandoline
- colander
- peeler

Directions

- Watch how to make this recipe.
- Shave the zucchini into long wide ribbons using a vegetable peeler or mandoline, turning the squash, if necessary, to ease shaving. Discard the seedy core.
- Put the zucchini into a colander set inside a bowl, sprinkle with salt, toss and drain for 30 minutes. Discard the liquid.
- Whisk together the olive oil, lemon juice, mustard, and pepper in a serving bowl.
- Add the zucchini, onion, frisee, and radishes. Toss to combine.
- Sprinkle with almonds, basil, and Manchego cheese and serve. Can be stored, covered, in refrigerator for up to 3 days.

Nutrition Facts

 **PROTEIN 11.81%**  **FAT 68.7%**  **CARBS 19.49%**

Properties

Glycemic Index:36.33, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:12.784782518511%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 163.31kcal (8.17%), Fat: 13.26g (20.4%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 5.21g (1.9%), Sugar: 4.85g (5.39%), Cholesterol: 5.06mg (1.69%), Sodium: 453.68mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin C: 32.88mg (39.85%), Vitamin K: 41.47µg (39.49%), Manganese: 0.55mg (27.31%), Vitamin E: 3.44mg (22.93%), Vitamin A: 878.24IU (17.56%), Potassium: 530.21mg (15.15%), Vitamin B2: 0.25mg (14.66%), Vitamin B6: 0.29mg (14.38%), Magnesium: 54.97mg (13.74%), Folate: 54.35µg (13.59%), Fiber: 3.25g (12.99%), Calcium: 112.93mg (11.29%), Phosphorus: 106.74mg (10.67%), Copper: 0.2mg (10.15%), Vitamin B1: 0.1mg (6.62%), Iron: 1.1mg (6.12%), Zinc: 0.83mg (5.52%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: 0.48mg (4.81%), Selenium: 1.32µg (1.89%)