



Zucchini Ribbon Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 medium zucchini rinsed
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon optional: dill fresh chopped
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 1 serving pepper black freshly ground
- 2 tablespoons feta cheese crumbled

Equipment

- bowl
- whisk
- peeler

Directions

- Using vegetable peeler or mandolin slicer, cut zucchini lengthwise into thin ribbons.
- In medium bowl, beat oil, vinegar, dill, mustard and honey with whisk until well blended. Stir in salt and pepper to taste.
- Add zucchini; toss gently to coat.
- Let stand 10 minutes.
- Divide zucchini evenly among 4 serving plates. Top each with feta cheese.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:8.031739037322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 148.1kcal (7.4%), Fat: 12.84g (19.76%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.97g (1.81%), Sugar: 5.16g (5.73%), Cholesterol: 7.57mg (2.52%), Sodium: 123.13mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 26.41mg (32.01%), Manganese: 0.29mg (14.62%), Vitamin B6: 0.28mg (13.86%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 12.85µg (12.24%), Vitamin E: 1.71mg (11.39%), Potassium: 398.38mg (11.38%), Folate: 38.28µg (9.57%), Phosphorus: 86.63mg (8.66%), Magnesium: 29.18mg (7.3%), Vitamin A: 338.61IU (6.77%), Calcium: 67.27mg (6.73%), Fiber: 1.54g (6.14%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.73mg (4.88%), Copper: 0.08mg (4.16%), Iron: 0.71mg (3.94%), Vitamin B5: 0.39mg (3.88%), Vitamin

B3: 0.76mg (3.79%), Selenium: 2.02µg (2.88%), Vitamin B12: 0.14µg (2.39%)