



Zucchini Ribbons and Peaches with Macadamia Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons macadamia nuts toasted coarsely chopped
- ☐ 2 tablespoons mint leaves finely chopped ()
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped ()
- ☐ 3 peaches halved
- ☐ 40 servings pepper freshly ground
- ☐ 40 servings salt

☐ 3 zucchini sliced lengthwise

Equipment

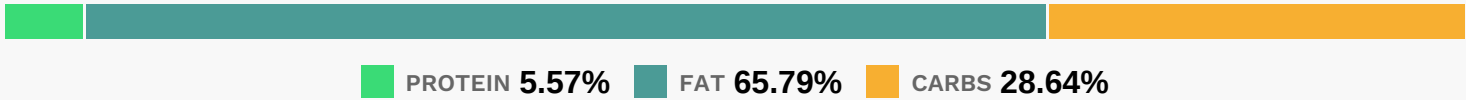
☐ bowl

☐ grill

Directions

- ☐ Light a grill.
- ☐ Brush the zucchini and peaches with half of the oil and season with salt and pepper. Grill them over moderate heat until slightly softened, 4 minutes.
- ☐ Cut the peaches into wedges. Stack the zucchini and thinly slice lengthwise into ribbons.
- ☐ In a bowl, toss the zucchini, parsley and mint with the remaining oil; season with salt and pepper.
- ☐ Transfer to a platter and top with the peaches and chopped nuts.
- ☐ Drizzle with the Macadamia Cream and serve.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:1.3773913046588%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 23.25kcal (1.16%), Fat: 1.81g (2.79%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 196.69mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin K: 5.23µg (4.98%), Vitamin C: 3.44mg (4.17%), Manganese: 0.07mg (3.5%), Vitamin E: 0.3mg (2%), Vitamin A: 94.09IU (1.88%), Potassium: 57.85mg (1.65%), Fiber: 0.41g (1.64%), Vitamin B6: 0.03mg (1.45%), Folate: 4.86µg (1.22%), Magnesium: 4.67mg (1.17%), Copper: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.05%)