



Zucchini Ribbons With Feta and Mint

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- 6 servings arugula
- 0.8 cup feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 2 Tbsp juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup shallots minced

2.5 lb zucchini

Equipment

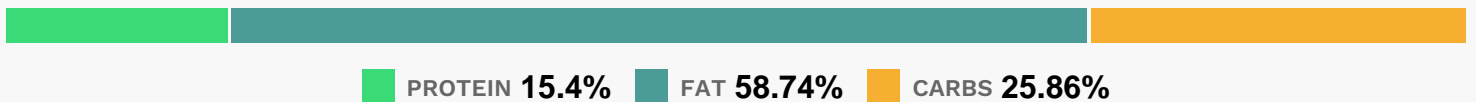
grill

peeler

Directions

- Using a Y-shaped vegetable peeler, cut zucchini lengthwise into very thin strips just until seeds are visible.
- Toss zucchini ribbons with shallots and next 6 ingredients.
- Serve immediately over arugula.
- Squash Ribbons With Feta and Mint: Substitute yellow squash for zucchini. Proceed with recipe as directed.
- Grilled Zucchini With Feta and Mint: Increase olive oil to 1/4 cup. Preheat grill to 350 to 400 (medium-high) heat.
- Cut zucchini lengthwise into 1/4-inch-thick slices.
- Brush with 2 Tbsp. olive oil. Grill zucchini, without grill lid, 2 to 3 minutes on each side or until tender. Proceed with recipe as directed in Step Prep: 20 min.; Grill: 6 min.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:12.726521885913%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 135.35kcal (6.77%), Fat: 9.41g (14.48%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.83g (6.48%), Cholesterol: 16.69mg (5.56%), Sodium: 621.03mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 38.58mg (46.77%), Manganese: 0.44mg (22.16%), Vitamin B6: 0.43mg (21.69%), Vitamin K: 22.53µg (21.45%), Vitamin B2: 0.35mg (20.7%), Potassium: 591.71mg (16.91%), Folate: 67.34µg (16.83%), Vitamin A: 766.82IU (15.34%), Phosphorus: 148mg (14.8%), Calcium: 147.7mg (14.77%), Magnesium: 46.28mg (11.57%), Fiber: 2.56g (10.22%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.26mg (8.37%), Iron: 1.22mg (6.78%), Vitamin E: 0.99mg (6.59%), Copper: 0.13mg (6.56%), Vitamin B5: 0.65mg (6.54%), Vitamin B3: 1.12mg (5.62%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.35µg (4.79%)