



Zucchini Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup basil leaves fresh loosely packed
- ☐ 0.3 cup flat-leaf parsley fresh loosely packed
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 3 cups fris e french loosely packed trimmed curly endive
- ☐ 1 tablespoon honey
- ☐ 12 kalamata olives pitted thinly sliced lengthwise

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion red halved lengthwise thinly sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon sherry vinegar
- ☐ 3 small zucchini trimmed thinly sliced into half moons

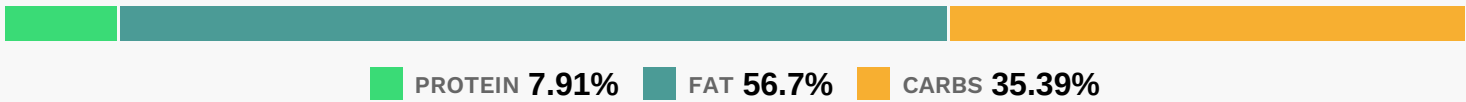
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together zest, juice, mustard, honey, anchovy paste, sherry vinegar, salt, and pepper in a large bowl until combined. Slowly whisk in the olive oil.
- ☐ Add zucchini, frisee, herbs, olives, and onion and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:16.710869774222%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.53mg, Apigenin: 8.53mg, Apigenin: 8.53mg, Apigenin: 8.53mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 141.33kcal (7.07%), Fat: 9.58g (14.74%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 9.56g (3.48%), Sugar: 8.32g (9.24%), Cholesterol: 1.27mg (0.43%), Sodium: 298.64mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin K: 188.01µg (179.05%), Vitamin A: 2886.96IU (57.74%), Vitamin C: 37.28mg (45.18%), Manganese: 0.44mg (22.04%), Folate: 80.12µg (20.03%), Vitamin E: 2.54mg (16.92%), Fiber: 3.89g (15.57%), Potassium: 501.7mg (14.33%), Vitamin B6: 0.24mg (12.06%), Copper: 0.22mg (10.8%), Magnesium: 39.6mg (9.9%), Vitamin B2: 0.15mg (8.97%), Calcium: 86.79mg (8.68%), Iron: 1.42mg (7.86%), Phosphorus: 72.65mg (7.26%), Vitamin B5: 0.72mg (7.19%), Vitamin B1: 0.09mg (6.13%), Vitamin B3: 1.09mg (5.44%), Zinc: 0.65mg (4.32%), Selenium: 2.48µg (3.54%)