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## Sundried Tomato Mediterranean Zucchini Noodle Salad ♦

This refreshing and healthy salad is inspired by Mediterranean flavors. It features zucchini noodles tossed with sundried tomatoes, olives, feta cheese, and a tangy lemon dressing. Perfect for a light lunch or as a side dish for a summer barbecue.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	zucchini
100 g	sundried tomatoes
100 g	kalamata olives
100 g	feta cheese

1 g	Lemon
30 g	olive oil
5 g	Salt
2 g	Black pepper

## Directions

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### Step 1

Cut

Using a spiralizer, spiralize the zucchini into noodles.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Chop the sundried tomatoes, olives, and feta cheese into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a large bowl, combine the zucchini noodles, chopped sundried tomatoes, olives, and feta cheese. Pour the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve the salad chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat: 8 g**

**Protein: 5 g**

**Carbohydrates: 8 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

### Events

Barbecue

### Cuisines

Mediterranean

Greek

Spanish

Vietnamese

### Course

Drinks

Salads

Sauces & Dressings

### Cultural

Diwali

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

### Demographics

Kids Friendly

Lactation Friendly

### Meal Type

Supper

### Difficulty Level

Medium

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