



Healthdor

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Zucchini and Snow-Pea Salad ♦

A refreshing and healthy salad made with zucchini and snow peas. This salad is perfect for vegetarians and is packed with vitamins and nutrients. It can be enjoyed as a light lunch or as a side dish.

Recipe Type: Vegetarian

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

250 g	zucchini
250 g	Snow Peas
2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt

1 tsp pepper

Directions

Step 1

Cut

Slice the zucchini into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Trim the ends of the snow peas and cut them in half.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the zucchini, snow peas, lemon juice, olive oil, salt, and pepper. Toss well to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the salad for at least 30 minutes to allow the flavors to blend.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

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)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 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	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Thanksgiving

Game Day

Course

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Passover

Thanksgiving

Cost

Over \$50

Demographics

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Volumetrics Diet

Nordic Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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