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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



Slice the zucchini into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 2



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

Prep Time: 5 mins

Cook Time: 0 mins

### Step 3



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**

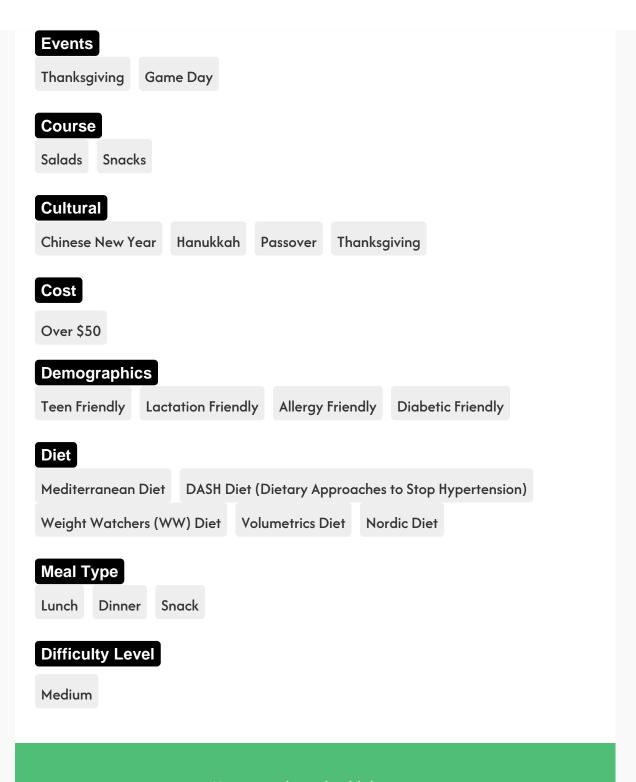
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

# **Recipe Attributes**

Seasonality

Summer

Fall



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