



## Balsamic Grilled Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinaigrette
- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons basil fresh chopped
- 1 garlic clove minced
- 0.3 teaspoon salt
- 4 medium baby squash yellow
- 1.3 pounds each cut in half lengthwise
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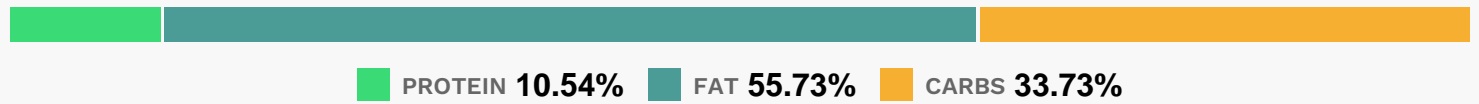
# Equipment

- grill
- ziploc bags

# Directions

- Combine first 3 ingredients in a large zip-top plastic bag.
- Add squash; seal bag, and let stand 1 hour, turning bag occasionally.
- . Prepare grill.
- Remove squash from bag, reserving marinade.
- Place squash on grill rack coated with cooking spray; cover and grill 4 to 6 minutes on each side or until squash is tender.
- Place squash on a serving platter; sprinkle with salt and pepper.
- Drizzle with reserved marinade.

# Nutrition Facts



# Properties

Glycemic Index:41, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:8.8860869459484%

# Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 86.95kcal (4.35%), Fat: 5.77g (8.88%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.81g (5.35%), Cholesterol: 0mg (0%), Sodium: 282.19mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin C: 33.73mg (40.89%), Vitamin B6: 0.44mg (21.92%), Manganese: 0.38mg (18.77%), Vitamin B2: 0.28mg (16.47%), Potassium: 520.34mg (14.87%), Folate: 57.55µg (14.39%), Vitamin K: 10.15µg (9.66%), Vitamin A: 445.16IU (8.9%), Fiber: 2.2g (8.81%), Magnesium: 34.26mg (8.56%), Phosphorus: 76.29mg (7.63%), Vitamin B1: 0.1mg (6.4%), Copper: 0.11mg (5.35%), Vitamin B3: 0.97mg (4.85%), Iron: 0.74mg (4.1%), Zinc: 0.59mg (3.91%), Calcium: 34.37mg (3.44%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.24mg (1.63%)