



## Balsamic Grilled Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



44 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon garlic powder
- 1 teaspoon penzey's southwest seasoning italian
- 2 teaspoons olive oil
- 1 pinch salt
- 2 zucchinis quartered

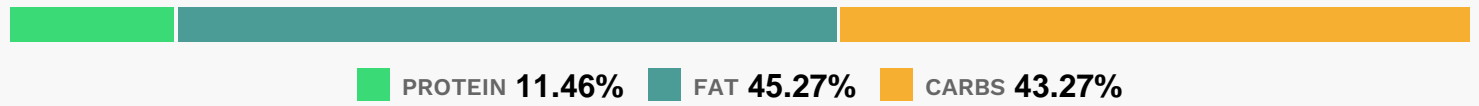
### Equipment

- grill

## Directions

- Preheat grill for medium–low heat and lightly oil the grate.
- Brush zucchini with olive oil.
- Sprinkle garlic powder, Italian seasoning, and salt over zucchini.
- Cook on preheated grill until beginning to brown, 3–4 minutes per side.
- Brush balsamic vinegar over the zucchini and continue cooking 1 minute more.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:4.7460869783941%

## Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 43.95kcal (2.2%), Fat: 2.34g (3.6%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.8g (1.38%), Sugar: 3.68g (4.08%), Cholesterol: 0mg (0%), Sodium: 19.76mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin C: 17.56mg (21.28%), Manganese: 0.21mg (10.63%), Vitamin B6: 0.17mg (8.56%), Vitamin K: 8.53µg (8.12%), Potassium: 275.54mg (7.87%), Folate: 24.88µg (6.22%), Vitamin B2: 0.1mg (5.61%), Magnesium: 20.24mg (5.06%), Fiber: 1.23g (4.91%), Phosphorus: 41.05mg (4.11%), Vitamin A: 204.51IU (4.09%), Iron: 0.64mg (3.54%), Vitamin E: 0.5mg (3.33%), Vitamin B1: 0.05mg (3.11%), Copper: 0.06mg (2.96%), Calcium: 26.15mg (2.61%), Vitamin B3: 0.47mg (2.34%), Zinc: 0.34mg (2.3%), Vitamin B5: 0.21mg (2.07%)