



Balsamic Zucchini

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano finely grated
- ☐ 1 oz pinenuts finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 lb zucchini

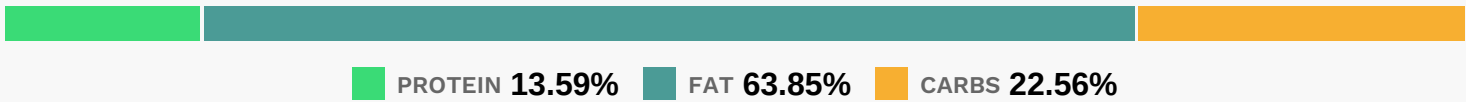
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Toss zucchini with oil, salt, and pepper in a large bowl. Arrange zucchini in 1 layer in 2 shallow baking pans (1 inch deep). Broil 1 pan of zucchini 3 to 5 inches from heat, without turning, until browned in spots and beginning to soften, 4 to 6 minutes.
- ☐ Drizzle 2 tablespoons vinegar over broiled zucchini and shake pan a few times, then continue to broil until most of vinegar is evaporated, about 2 minutes.
- ☐ Sprinkle 1/4 cup cheese over broiled zucchini and broil until cheese is melted, about 1 minute more. Cook remaining pan of zucchini in same manner. Cool to room temperature and serve sprinkled with pine nuts.
- ☐ Balsamic zucchini (without pine nuts) can be made 3 hours ahead and kept at room temperature or chilled, covered.
- ☐ Sprinkle with pine nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:16.408260911703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 205.2kcal (10.26%), Fat: 15.36g (23.63%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 8.97g (3.26%), Sugar: 9.39g (10.43%), Cholesterol: 5.67mg (1.89%), Sodium: 451.13mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.71%), Vitamin C: 54.17mg (65.66%), Manganese: 0.99mg (49.44%), Vitamin B6: 0.51mg (25.27%), Potassium: 839.39mg (23.98%), Vitamin K: 21.38µg (20.36%),

Phosphorus: 202.19mg (20.22%), Vitamin B2: 0.32mg (19%), Folate: 74.79µg (18.7%), Magnesium: 71.52mg (17.88%), Calcium: 151.68mg (15.17%), Vitamin E: 2.12mg (14.13%), Vitamin A: 672.16IU (13.44%), Fiber: 3.24g (12.96%), Copper: 0.23mg (11.53%), Vitamin B1: 0.16mg (10.45%), Zinc: 1.51mg (10.09%), Iron: 1.59mg (8.86%), Vitamin B3: 1.6mg (7.98%), Vitamin B5: 0.67mg (6.72%), Selenium: 2.52µg (3.6%), Vitamin B12: 0.1µg (1.67%)