



HEALTH SCORE

88%

Blistered Baby Zucchini, Baby Pattypan Squash, and Grilled Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients



6 baby zucchini



6 servings olive oil (for brushing)



9 ounces baby vegetables green yellow



6 medium tomatoes halved

Equipment

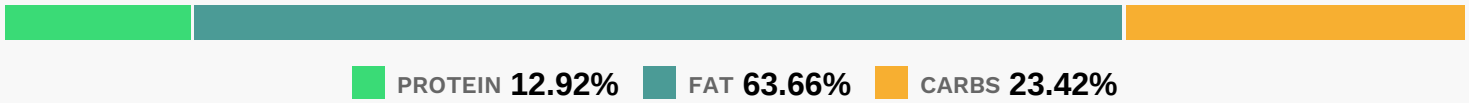


grill

Directions

- ☐ Prepare barbecue (high heat).
- ☐ Brush grill rack with oil.
- ☐ Brush pattypan squash, zucchini, and tomatoes with olive oil; sprinkle generously with salt and pepper. Grill until vegetables are blistered and slightly charred, about 8 minutes for squash and zucchini, turning occasionally, and about 6 minutes for tomatoes, shifting occasionally.
- ☐ Transfer to platter.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:18.648695632167%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 194.71kcal (9.74%), Fat: 15.11g (23.25%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 8.37g (3.04%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 12.74mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.81%), Vitamin C: 91.34mg (110.72%), Vitamin A: 2077.27IU (41.55%), Potassium: 1268.68mg (36.25%), Manganese: 0.59mg (29.56%), Phosphorus: 227.11mg (22.71%), Magnesium: 87.99mg (22%), Vitamin B6: 0.42mg (21.15%), Vitamin K: 19.55µg (18.62%), Vitamin E: 2.74mg (18.24%), Folate: 70.41µg (17.6%), Fiber: 4.14g (16.57%), Copper: 0.31mg (15.3%), Zinc: 1.96mg (13.06%), Vitamin B3: 2.37mg (11.84%), Iron: 2.13mg (11.83%), Vitamin B1: 0.16mg (10.51%), Vitamin B5: 0.87mg (8.72%), Vitamin B2: 0.11mg (6.28%), Calcium: 61.68mg (6.17%)