




## Broccolini with Grilled Zucchini and Summer Squash

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



246 kcal

SIDE DISH

### Ingredients

- 0.5 ounce aged balsamic vinegar for garnish
- 8 ounces broccolini
- 1 tablespoon butter
- 3 ounces achiote oil with 1/4 teaspoon annatto seed), divided
- 4 cherry tomatoes halved
- 2 cloves garlic thinly sliced
- 2 tablespoons pinenuts

- 2 servings salt and pepper black freshly ground
- 2 medium summer squash
- 2 quarts water
- 2 medium zucchini

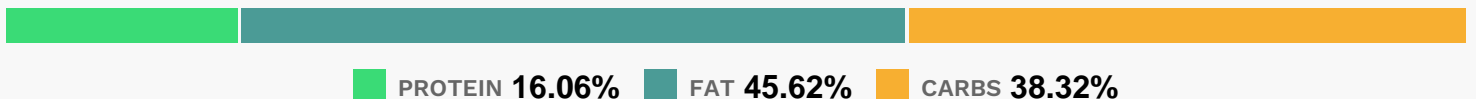
## Equipment

- frying pan
- grill

## Directions

- Bring water to a boil. Preheat grill to high heat.
- Toss zucchini and squash in 1 ounce achiote oil and season with salt and pepper. Set aside. Drop broccolini in boiling water for 2 minutes or until slightly wilted while preserving color.
- Place seasoned zucchini and squash on hot grill. Cook for 2 minutes on each side. Set aside.
- Heat a saute pan over low heat.
- Add pine nuts and toast lightly. Set aside.
- Add remaining 2 ounces achiote oil to the heated saute pan.
- Add the blanched broccolini and season with salt and freshly ground black pepper. Increase to medium-high heat.
- Add sliced garlic and continue to cook until slightly toasted, about 1 minute.
- Add grilled zucchini, summer squash and halved cherry tomatoes.
- Add butter and toss lightly until butter melts. Plate and drizzle with aged balsamic vinegar, garnishing with toasted pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:104.5, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:26.076956581162%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## **Nutrients (% of daily need)**

Calories: 245.95kcal (12.3%), Fat: 13.55g (20.85%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 19.46g (7.08%), Sugar: 14.18g (15.75%), Cholesterol: 15.05mg (5.02%), Sodium: 151.38mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.47%), Vitamin C: 181.23mg (219.67%), Manganese: 1.68mg (83.9%), Vitamin A: 3130.05IU (62.6%), Vitamin B6: 0.82mg (41.04%), Potassium: 1181.88mg (33.77%), Vitamin B2: 0.5mg (29.33%), Folate: 112.02µg (28%), Magnesium: 108.14mg (27.03%), Copper: 0.52mg (26.24%), Fiber: 6.15g (24.6%), Phosphorus: 223.75mg (22.38%), Vitamin K: 21.35µg (20.34%), Calcium: 184mg (18.4%), Iron: 3.27mg (18.18%), Vitamin B1: 0.24mg (15.83%), Zinc: 2.03mg (13.54%), Vitamin B3: 2.48mg (12.42%), Vitamin E: 1.76mg (11.73%), Vitamin B5: 0.81mg (8.06%), Selenium: 1.52µg (2.18%)