



 **17%**  
HEALTH SCORE

## Broiled Summer Squash With Radish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup olive oil extra virgin
- 1 teaspoon optional: dill fresh chopped
- 0.5 teaspoon pepper black
- 4 radishes cut into 1/4-inch-thick slices
- 0.5 cup onion red chopped
- 0.3 teaspoon salt
- 1 large to 3 sized squashes yellow cut into 1/2-inch cubes

1 large zucchini cut in half lengthwise then into 1/4-inch slices

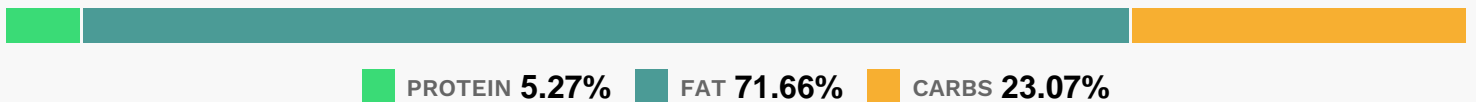
## Equipment

- oven
- whisk
- mixing bowl
- baking pan
- aluminum foil
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Whisk the olive oil, vinegar, dill, salt, and pepper together in a mixing bowl until evenly blended.
- Add the onion, zucchini, yellow squash, and radishes; toss until evenly coated. Spoon into an 8x8-inch baking dish, and cover with aluminum foil.
- Broil in the preheated oven 10 minutes, then remove the foil, and continue broiling until the vegetables are tender and nicely browned on top, about 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:50.75, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:8.6334782657416%

## Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

## Nutrients (% of daily need)

Calories: 169.29kcal (8.46%), Fat: 13.94g (21.44%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 7.93g (2.88%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 159.78mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin C: 30.27mg (36.7%), Manganese: 0.37mg (18.31%), Vitamin B6: 0.34mg (16.76%), Vitamin E: 2.14mg (14.3%), Vitamin K: 14.56µg (13.87%), Potassium: 482.36mg (13.78%), Folate: 47.68µg (11.92%), Vitamin B2: 0.2mg (11.65%), Fiber: 2.16g (8.65%), Magnesium: 33.02mg (8.26%), Phosphorus: 71.41mg (7.14%), Vitamin A: 326.98IU (6.54%), Vitamin B1: 0.09mg (5.67%), Copper: 0.1mg (5.07%), Iron: 0.85mg (4.75%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.55mg (3.69%), Calcium: 36.32mg (3.63%), Vitamin B5: 0.32mg (3.25%)