



Courgette & halloumi skewers

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tsp chilli powder
- ☐ 1 small handful mint leaves chopped
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 2 courgettes cut into 1cm rounds
- ☐ 225 g pack halloumi cheese cubed

Equipment

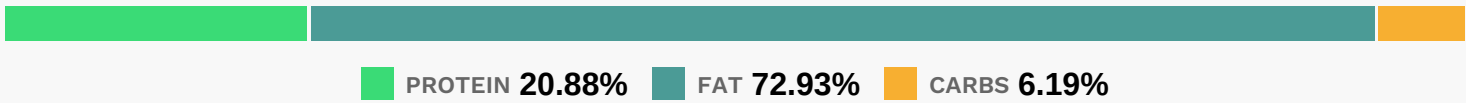
- ☐ grill

- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Mix the chilli, half the mint, lemon zest and juice, oil, courgettes and halloumi. Leave to marinate for 30 mins. Soak 8 wooden skewers for 20 mins.
- ☐ Thread the courgettes and halloumi onto the skewers. Cook on the BBQ, or under a grill, for 7-8 mins, turning halfway through and basting with the remaining marinade. Scatter over remaining mint.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:7.5834783004678%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 258.08kcal (12.9%), Fat: 21.21g (32.64%), Saturated Fat: 10.62g (66.39%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 688.91mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.33%), Calcium: 583.8mg (58.38%), Vitamin C: 19.8mg (24%), Manganese: 0.19mg (9.55%), Vitamin B6: 0.17mg (8.53%), Vitamin E: 1.26mg (8.39%), Vitamin K: 8.78µg (8.37%), Potassium: 270.52mg (7.73%), Vitamin A: 339.3IU (6.79%), Folate: 24.95µg (6.24%), Vitamin B2: 0.1mg (5.83%), Fiber: 1.39g (5.57%), Magnesium: 19.17mg (4.79%), Phosphorus: 39.16mg (3.92%), Vitamin B1: 0.05mg (3.11%), Copper: 0.06mg (3%), Iron: 0.52mg (2.91%), Vitamin B3: 0.5mg (2.52%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.21mg (2.11%)