



Easy Grilled Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1 tablespoon grill seasoning
- 1 tablespoon olive oil
- 3 zucchinis sliced

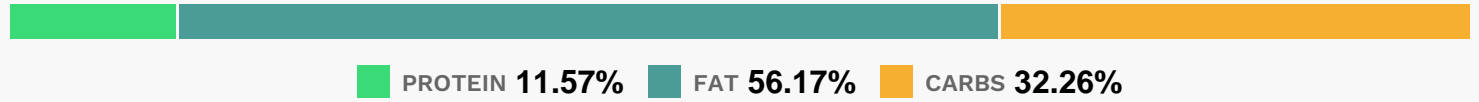
Equipment

- grill

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Drizzle zucchini slices on both sides with olive oil and season with grill seasoning.
- Grill zucchinis on preheated grill until tender, 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:7.1026087429212%

Flavonoids

Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 59kcal (2.95%), Fat: 4.05g (6.22%), Saturated Fat: 0.64g (4%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 3.64g (1.33%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 12.1mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin C: 26.43mg (32.04%), Manganese: 0.33mg (16.44%), Vitamin K: 16.48µg (15.7%), Vitamin B6: 0.25mg (12.64%), Potassium: 390.55mg (11.16%), Folate: 36.66µg (9.16%), Vitamin B2: 0.14mg (8.24%), Magnesium: 28.7mg (7.18%), Vitamin A: 320.32IU (6.41%), Fiber: 1.58g (6.33%), Phosphorus: 57.57mg (5.76%), Iron: 0.92mg (5.09%), Vitamin E: 0.69mg (4.62%), Vitamin B1: 0.07mg (4.59%), Copper: 0.09mg (4.32%), Vitamin B3: 0.69mg (3.46%), Zinc: 0.5mg (3.35%), Calcium: 33.51mg (3.35%), Vitamin B5: 0.3mg (3%)