



Grilled Garden Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ears corn on the cob
- 2 Tbsp basil fresh chopped
- 1 clove garlic minced
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 2 Tbsp juice of lemon
- 3 Tbsp parmesan cheese grated kraft
- 2 tomatoes chopped
- 2 small baby squash yellow cut lengthwise into 3 slices

2 small zucchini cut lengthwise into 3 slices

Equipment

bowl

grill

Directions

Heat grill to medium-high heat.

Grill corn 15 min. or until kernels are tender and browned, turning occasionally; cool slightly. Meanwhile, grill squash and zucchini 5 min. or until tender, turning occasionally.

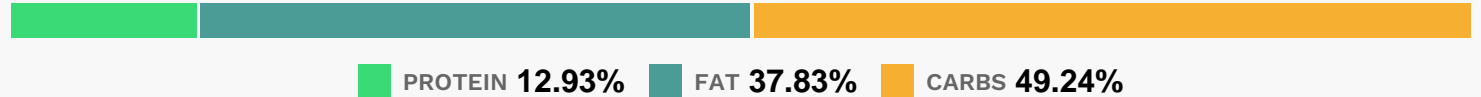
Cut kernels off cobs; place in medium bowl. Chop squash and zucchini.

Add to corn with tomatoes; mix lightly.

Mix dressing, lemon juice and garlic.

Add to vegetable mixture; mix lightly. Top with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:6.0430434202046%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 67.76kcal (3.39%), Fat: 3.12g (4.81%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.67g (2.79%), Sugar: 4.77g (5.3%), Cholesterol: 1.63mg (0.54%), Sodium: 138.07mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 17.93mg (21.73%), Vitamin K: 16.71µg (15.91%), Vitamin A: 519.31IU (10.39%), Manganese: 0.2mg (10.25%), Potassium: 309.6mg (8.85%), Vitamin B6: 0.17mg (8.73%), Folate: 31.64µg (7.91%), Phosphorus: 64.94mg (6.49%), Magnesium: 24.51mg (6.13%), Fiber: 1.48g (5.93%),

Vitamin B2: 0.1mg (5.68%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.89mg (4.46%), Copper: 0.07mg (3.57%), Calcium: 34.21mg (3.42%), Vitamin E: 0.5mg (3.3%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.44mg (2.95%), Iron: 0.51mg (2.81%), Selenium: 1.17µg (1.67%)