



Grilled Garlic-Marinated Baby Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby zucchini trimmed
- ☐ 0.5 teaspoon coarse kosher salt plus additional for sprinkling
- ☐ 4 garlic cloves peeled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup olive oil

Equipment

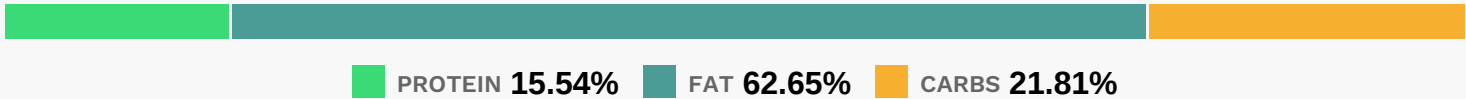
- ☐ bowl
- ☐ blender

- ☐ grill
- ☐ skewers

Directions

- ☐ Blend oil, garlic, 1/2 teaspoon kosher salt, and 1/4 teaspoon ground black pepper in blender until almost smooth. Using fork or wooden skewer, pierce zucchini all over.
- ☐ Place in medium bowl.
- ☐ Pour garlic oil over zucchini and let stand at room temperature at least 30 minutes and up to 1 hour, tossing occasionally.
- ☐ Prepare barbecue (medium-high heat). Grill zucchini until tender and golden in spots, turning occasionally, about 6 minutes.
- ☐ Transfer to plate, sprinkle with additional salt, and serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:5.0982609106147%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 50.89kcal (2.54%), Fat: 3.92g (6.02%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 196.49mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin C: 26.4mg (32%), Potassium: 356.2mg (10.18%), Manganese: 0.19mg (9.64%), Vitamin A: 371.07IU (7.42%), Phosphorus: 73.5mg (7.35%), Vitamin B6: 0.13mg (6.62%), Magnesium: 25.6mg (6.4%), Zinc: 0.65mg (4.35%), Copper: 0.08mg (4.03%), Folate: 15.19µg (3.8%), Iron: 0.66mg (3.67%), Fiber: 0.89g (3.58%), Vitamin E: 0.52mg (3.47%), Vitamin B5: 0.29mg (2.91%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.39%), Vitamin K: 2.34µg (2.23%), Calcium: 20.02mg (2%), Vitamin B2: 0.03mg (1.74%)