



Grilled Garlic Parmesan Zucchini



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 3 zucchini

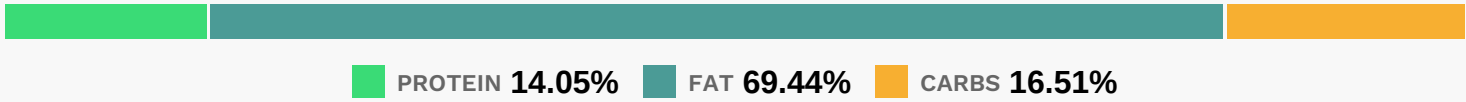
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium–high heat, and lightly oil the grate.
- ☐ Cut the zucchini in half crosswise, then slice each half into 3 slices lengthwise, making 6 slices per zucchini.
- ☐ Mix the butter, garlic, and parsley in a bowl, and spread the mixture on both sides of each zucchini slice.
- ☐ Sprinkle one side of each slice with Parmesan cheese, and place the slices, cheese sides up, crosswise on the preheated grill to keep them from falling through.
- ☐ Grill the zucchini until the cheese has melted and the slices are cooked through and show grill marks, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:9.3917390535707%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 155.49kcal (7.77%), Fat: 12.5g (19.23%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.71g (4.13%), Cholesterol: 33.45mg (11.15%), Sodium: 298.84mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin C: 28.11mg (34.07%), Vitamin K: 23.69µg (22.57%), Vitamin A: 748.9IU (14.98%), Manganese: 0.3mg (14.87%), Calcium: 140.63mg (14.06%), Phosphorus: 140.51mg (14.05%), Vitamin B6: 0.27mg (13.48%), Potassium: 420.74mg (12.02%), Vitamin B2: 0.19mg (11.03%), Folate: 37.91µg (9.48%), Magnesium: 31.92mg (7.98%), Selenium: 4.99µg (7.13%), Zinc: 1.05mg (6.99%), Fiber: 1.53g (6.14%), Vitamin B1: 0.07mg (4.93%), Copper: 0.09mg (4.44%), Iron: 0.69mg (3.83%), Vitamin B5: 0.37mg (3.65%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.49mg (3.28%), Vitamin B12: 0.19µg (3.11%)