



## Grilled Greek Summer Squash

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

### Ingredients

- 2 tablespoons feta cheese crumbled
- 0.3 teaspoon pepper red crushed
- 2 medium tomatoes chopped
- 0.3 cup balsamic vinaigrette salad dressing
- 2 medium to 3 sized squashes yellow unpeeled cut into 2x1/2-inch strips
- 2 medium zucchini unpeeled cut into 2x1/2-inch strips

### Equipment

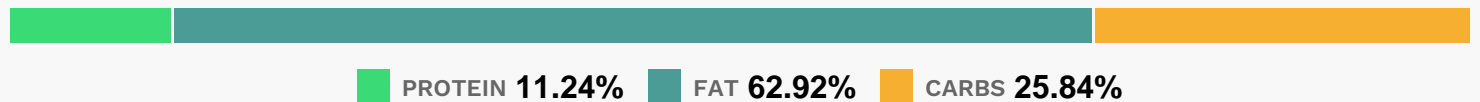
- bowl

- grill
- wok
- slotted spoon

## Directions

- Heat gas or charcoal grill. In large bowl, combine zucchini, summer squash, salad dressing and pepper flakes; toss to coat.
- Place zucchini and squash in grill basket (grill "wok"). Reserve mixture in bowl.
- When grill is heated, place grill basket on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 12 minutes or until vegetables are tender, stirring occasionally.
- Add tomatoes to mixture in bowl; toss to coat.
- Add warm zucchini and squash; toss to coat.
- Sprinkle with cheese.
- Serve with slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:6.3152173699244%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 68.22kcal (3.41%), Fat: 5.14g (7.91%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.33g (1.21%), Sugar: 3.31g (3.68%), Cholesterol: 3.78mg (1.26%), Sodium: 55.99mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 21.31mg (25.84%), Vitamin K: 13.87µg (13.21%), Vitamin B6: 0.23mg (11.53%), Manganese: 0.21mg (10.49%), Vitamin A: 488.61IU (9.77%), Potassium: 333.63mg (9.53%), Vitamin B2: 0.16mg (9.29%), Folate: 31.96µg (7.99%), Phosphorus: 59.13mg (5.91%), Fiber: 1.42g (5.68%), Magnesium: 21.43mg (5.36%), Vitamin E: 0.68mg (4.5%), Vitamin B1: 0.06mg (4.24%), Calcium: 39.42mg (3.94%),

Copper: 0.07mg (3.55%), Vitamin B3: 0.69mg (3.46%), Zinc: 0.48mg (3.18%), Iron: 0.47mg (2.63%), Vitamin B5: 0.24mg (2.45%), Selenium: 0.97µg (1.39%), Vitamin B12: 0.07µg (1.2%)