



Grilled Red Onion and Zucchini

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- 1 large onion red cut into 4 (1/) slices
- 0.8 teaspoon greek seasoning
- 2 large zucchini halved lengthwise

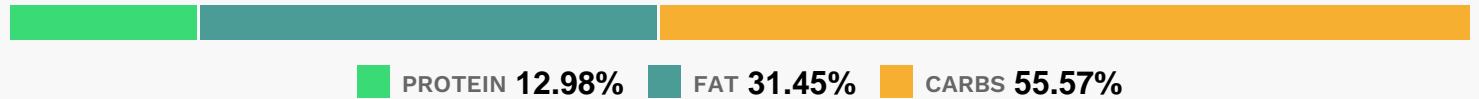
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine first 3 ingredients in a large bowl.
- Add onion and zucchini, and toss to coat.
- Place vegetables on grill rack coated with cooking spray; cover and grill 10 to 12 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.11, Inflammation Score:-6, Nutrition Score:8.3617390446041%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 69.14kcal (3.46%), Fat: 2.58g (3.98%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 17.05mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 30.96mg (37.53%), Manganese: 0.38mg (19.16%), Vitamin B6: 0.31mg (15.29%), Potassium: 486.77mg (13.91%), Vitamin K: 14µg (13.34%), Folate: 46.18µg (11.54%), Fiber: 2.48g (9.9%), Vitamin B2: 0.16mg (9.65%), Magnesium: 35.76mg (8.94%), Phosphorus: 72.99mg (7.3%), Vitamin A: 339.27IU (6.79%), Iron: 1.09mg (6.07%), Vitamin B1: 0.09mg (5.8%), Copper: 0.11mg (5.26%), Calcium: 50.18mg (5.02%), Vitamin E: 0.66mg (4.37%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.37mg (3.72%)