



Grilled Squash and Salsa Verde

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup goat cheese crumbled
- 0.3 teaspoon kosher salt
- 3 tablespoons olive oil
- 6 servings salsa verde
- 3.5 lb baby squash assorted
- 1 cup pepitas raw unsalted shelled toasted (pumpkin seeds)

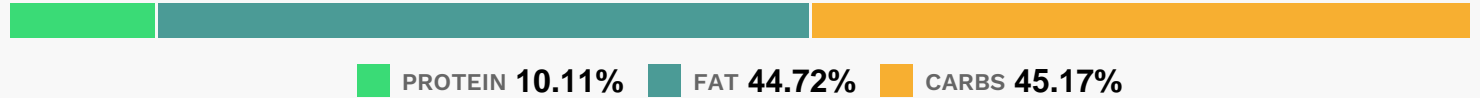
Equipment

- grill

Directions

- Preheat grill to 300 to 350 (medium) heat.
- Cut squash lengthwise into 1/4-inch-thick slices. Toss with olive oil and salt. Grill 10 minutes or until lightly caramelized.
- Place squash on a serving platter. Top with pepitas, salsa, and goat cheese.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:23.613912833774%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 280.58kcal (14.03%), Fat: 14.99g (23.06%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 28.14g (10.23%), Sugar: 8.05g (8.95%), Cholesterol: 4.35mg (1.45%), Sodium: 373.25mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin A: 28425.92IU (568.52%), Vitamin C: 56.98mg (69.07%), Manganese: 1.03mg (51.44%), Magnesium: 154.63mg (38.66%), Vitamin E: 5.07mg (33.78%), Potassium: 1085.18mg (31.01%), Phosphorus: 243.05mg (24.3%), Fiber: 5.93g (23.73%), Vitamin B6: 0.45mg (22.32%), Copper: 0.4mg (20.15%), Vitamin B1: 0.3mg (20.02%), Folate: 78.76µg (19.69%), Vitamin B3: 3.75mg (18.74%), Iron: 3.01mg (16.74%), Calcium: 145.28mg (14.53%), Vitamin B5: 1.2mg (12.03%), Zinc: 1.32mg (8.78%), Vitamin K: 8.07µg (7.69%), Vitamin B2: 0.11mg (6.19%), Selenium: 2.59µg (3.7%)