



Grilled Squash and Zucchini



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 1 tablespoon ground pepper black to taste
- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest juiced
- ☐ 1 tablespoon butter unsalted cut into chunks
- ☐ 1 baby squash yellow sliced
- ☐ 1 zucchini sliced

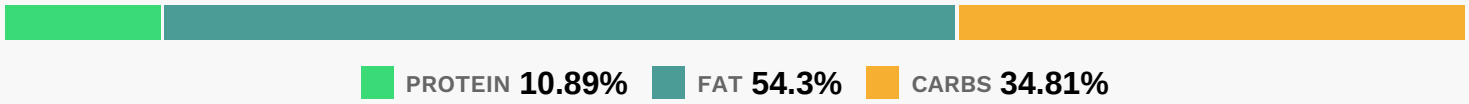
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Place yellow squash and zucchini on a square of aluminum foil; sprinkle with lemon zest, lemon juice, and butter. Season with salt, black pepper, and cayenne pepper. Wrap the aluminum foil over the vegetables.
- ☐ Cook vegetables on the preheated grill until tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:5.6834783220421%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 47.33kcal (2.37%), Fat: 3.22g (4.96%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.43g (2.7%), Cholesterol: 7.53mg (2.51%), Sodium: 587.2mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin C: 19.42mg (23.54%), Manganese: 0.38mg (18.77%), Vitamin B6: 0.21mg (10.3%), Vitamin A: 500.47IU (10.01%), Potassium: 289.64mg (8.28%), Vitamin B2: 0.13mg (7.37%), Fiber: 1.7g (6.81%), Folate: 27.06µg (6.76%), Vitamin K: 6.68µg (6.36%), Magnesium: 20.78mg (5.2%), Phosphorus: 42.1mg (4.21%), Copper: 0.08mg (3.76%), Vitamin B1: 0.05mg (3.33%), Iron: 0.56mg (3.08%), Vitamin B3: 0.53mg (2.64%), Calcium: 25.78mg (2.58%), Vitamin E: 0.37mg (2.45%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.06%)