



## Grilled Squash with Piquant Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon taco sauce
- ☐ 5 tablespoons mayonnaise
- ☐ 0.3 teaspoon paprika
- ☐ 2 teaspoons yogurt plain
- ☐ 1 cup seasoned bread crumbs
- ☐ 1 baby squash yellow cut into 1/4-inch slices

### Equipment

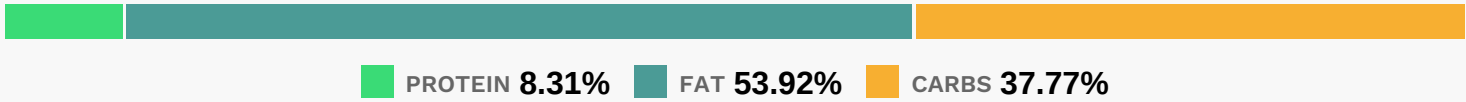
- ☐ bowl

- ☐ whisk
- ☐ grill

## Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Place squash in a bowl; drizzle with olive oil. Stir to coat.
- ☐ Place bread crumbs in a separate bowl; dredge squash in bread crumbs until well coated.
- ☐ Cook squash on preheated grill until browned, 2 to 3 minutes per side.
- ☐ Whisk mayonnaise, yogurt, taco sauce, chile paste, and paprika together in a bowl. Top each cooked squash slice with a dollop of mayonnaise mixture.

## Nutrition Facts



## Properties

Glycemic Index:19.33, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:6.291304377758%

## Nutrients (% of daily need)

Calories: 166.07kcal (8.3%), Fat: 9.98g (15.36%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 14.37g (5.22%), Sugar: 2.64g (2.94%), Cholesterol: 5.45mg (1.82%), Sodium: 373.22mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 29.27µg (27.88%), Vitamin B1: 0.21mg (14.01%), Manganese: 0.26mg (12.81%), Folate: 34.08µg (8.52%), Vitamin B2: 0.14mg (8.02%), Selenium: 5.34µg (7.63%), Vitamin C: 6.11mg (7.4%), Vitamin B3: 1.4mg (7.01%), Iron: 1.14mg (6.34%), Fiber: 1.37g (5.47%), Vitamin B6: 0.11mg (5.45%), Phosphorus: 53.06mg (5.31%), Calcium: 45.65mg (4.57%), Potassium: 140.15mg (4%), Magnesium: 15.34mg (3.83%), Copper: 0.07mg (3.43%), Vitamin E: 0.5mg (3.33%), Vitamin A: 155.2IU (3.1%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.09µg (1.56%)