



Grilled Squash with Piquant Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon asian chile paste
- ☐ 1 tablespoon taco sauce
- ☐ 5 tablespoons mayonnaise
- ☐ 2 teaspoons olive oil or as needed
- ☐ 0.3 teaspoon paprika
- ☐ 2 teaspoons yogurt plain
- ☐ 1 cup seasoned bread crumbs
- ☐ 1 baby squash yellow cut into 1/4-inch slices

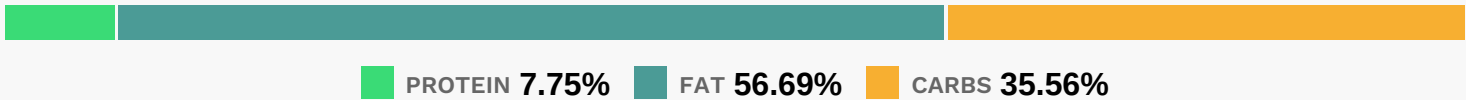
Equipment

- ☐ 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:6.4156521889179%

Nutrients (% of daily need)

Calories: 178.73kcal (8.94%), Fat: 11.32g (17.41%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 14.6g (5.31%), Sugar: 2.72g (3.02%), Cholesterol: 5.45mg (1.82%), Sodium: 373.41mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 30.08µg (28.65%), Vitamin B1: 0.21mg (14.06%), Manganese: 0.26mg (12.81%), Folate: 34.17µg (8.54%), Vitamin B2: 0.14mg (8.06%), Selenium: 5.35µg (7.64%), Vitamin C: 6.24mg (7.56%), Vitamin B3: 1.41mg (7.08%), Iron: 1.16mg (6.42%), Vitamin B6: 0.11mg (5.52%), Fiber: 1.37g (5.49%), Phosphorus: 53.49mg (5.35%), Vitamin E: 0.69mg (4.63%), Calcium: 45.83mg (4.58%), Potassium: 143.25mg (4.09%), Magnesium: 15.44mg (3.86%), Copper: 0.07mg (3.48%), Vitamin A: 156.86IU (3.14%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.09µg (1.56%)