



Grilled Summer Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound baby squash yellow halved lengthwise

☐ 1 pound zucchini halved lengthwise

Equipment

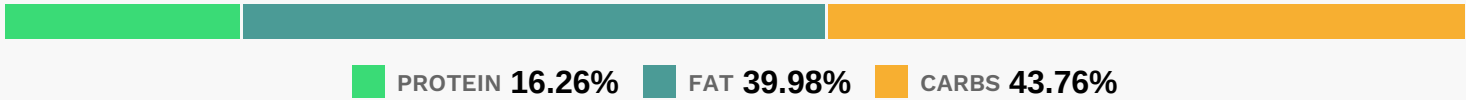
☐ baking pan

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine the first 6 ingredients in a 13 x 9-inch baking dish.
- ☐ Add 1/2 teaspoon salt. Make 3 diagonal cuts 1/4-inch deep across cut side of each squash and zucchini half.
- ☐ Place squash and zucchini halves, cut sides down, in baking dish. Marinate squash and zucchini at room temperature for 15 minutes.
- ☐ Remove squash and zucchini from marinade, and discard marinade.
- ☐ Place squash and zucchini on grill rack coated with cooking spray. Grill 5 minutes on each side or until tender.
- ☐ Sprinkle evenly with 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:7.5278260707855%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 55.48kcal (2.77%), Fat: 2.77g (4.26%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.13g (1.86%), Sugar: 4.6g (5.12%), Cholesterol: 0.2mg (0.07%), Sodium: 306.47mg (13.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin C: 30.73mg (37.25%), Vitamin B6: 0.31mg (15.56%), Manganese: 0.31mg (15.34%), Potassium: 438.42mg (12.53%), Vitamin B2: 0.21mg (12.08%), Folate: 43.42µg (10.86%), Phosphorus: 76.11mg (7.61%), Magnesium: 29.58mg (7.4%), Vitamin K: 7.23µg (6.89%), Fiber: 1.69g (6.74%), Vitamin A: 305.7IU (6.11%), Vitamin B1: 0.08mg (5.32%), Calcium: 47.22mg (4.72%), Copper: 0.09mg (4.37%), Zinc: 0.58mg (3.87%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.54mg (3.57%), Iron: 0.61mg (3.4%), Selenium: 0.83µg (1.19%), Vitamin B12: 0.06µg (1.04%)