






 **17%**
HEALTH SCORE

Grilled Summer Squash

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

6

CALORIES

61 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup yogurt plain fat-free
- 0.3 cup yogurt plain fat-free
- 2 teaspoons rosemary leaves fresh chopped
- 2 garlic clove minced
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil
- 0.8 teaspoon salt divided

1 pound to 3 sized squashes 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.

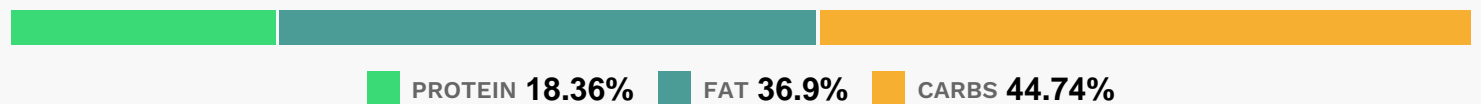
Place squash and zucchini halves, cut sides down, in baking dish. Marinate squash and zucchini at room temperature for 15 minutes.

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:7.9791304443194%

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: 61.2kcal (3.06%), Fat: 2.78g (4.28%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.91g (2.15%), Sugar: 5.39g (5.99%), Cholesterol: 0.41mg (0.14%), Sodium: 314.33mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin C: 30.82mg (37.36%), Vitamin B6: 0.32mg (15.83%), Manganese: 0.31mg (15.37%), Vitamin B2: 0.23mg (13.48%), Potassium: 464.45mg (13.27%), Folate: 44.65µg (11.16%), Phosphorus: 92.14mg (9.21%), Magnesium: 31.52mg (7.88%), Vitamin K: 7.25µg (6.91%), Calcium: 67.53mg (6.75%), Fiber: 1.69g (6.74%), Vitamin A: 306.41IU (6.13%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.68mg (4.53%), Copper: 0.09mg (4.44%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.75mg (3.76%), Vitamin E: 0.54mg (3.57%), Iron: 0.62mg (3.45%), Vitamin B12: 0.12µg (2.08%), Selenium: 1.2µg (1.71%)