



Grilled Summer Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby zucchini halved lengthwise
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 cups to 3 sized squashes yellow quartered

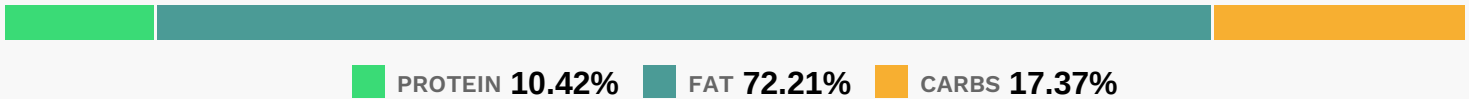
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine baby zucchini and baby yellow squash in a large bowl.
- ☐ Add olive oil, kosher salt, and black pepper; toss well.
- ☐ Place vegetables on a grill rack coated with cooking spray. Grill 5 minutes on each side or until lightly charred and tender.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:6.7521739083788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 84.57kcal (4.23%), Fat: 7.36g (11.32%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 293.86mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 30.75mg (37.27%), Manganese: 0.25mg (12.65%), Potassium: 436.06mg (12.46%), Vitamin B6: 0.21mg (10.6%), Vitamin A: 418.17IU (8.36%), Phosphorus: 79.53mg (7.95%), Magnesium: 30.5mg (7.62%), Folate: 28.83µg (7.21%), Vitamin E: 1.08mg (7.19%), Vitamin B2: 0.1mg (6.06%), Vitamin K: 6.32µg (6.02%), Fiber: 1.37g (5.47%), Copper: 0.09mg (4.63%), Zinc: 0.68mg (4.55%), Iron: 0.75mg (4.19%), Vitamin B3: 0.72mg (3.58%), Vitamin B1: 0.05mg (3.56%), Vitamin B5: 0.32mg (3.19%), Calcium: 22.85mg (2.29%)