



Grilled Summer Squash with Red Onion

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- 2 tablespoons olive oil
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon ground cumin
- 0.5 medium onion red quartered
- 2 medium to 3 sized squashes yellow halved cut into 1/2-inch-thick slices

Equipment

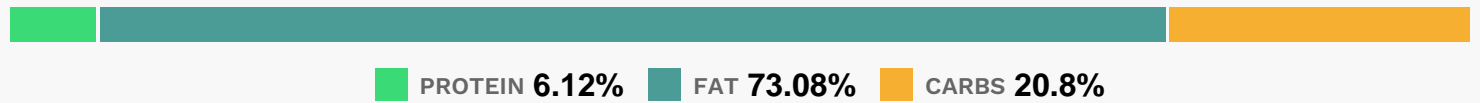
- bowl
- grill

- wok
- slotted spoon

Directions

- Heat gas or charcoal grill. In large bowl, mix oil, peppered seasoned salt and cumin.
- Add onion; toss to coat.
- When grill is heated, with slotted spoon, place onion in grill basket (grill "wok"); reserve oil mixture in bowl to coat squash.
- Place basket on gas grill over medium heat or on charcoal grill over medium coals. Cook 10 minutes, turning basket occasionally.
- Meanwhile, add summer squash to reserved oil mixture in bowl; toss to coat.
- Place squash in basket with onion; cook 5 to 7 minutes longer, turning basket occasionally, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:5.0934783064801%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 83.53kcal (4.18%), Fat: 7.22g (11.1%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.74g (3.05%), Cholesterol: 0mg (0%), Sodium: 293.55mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 17.69mg (21.44%), Vitamin B6: 0.23mg (11.53%), Manganese: 0.19mg (9.71%), Vitamin B2: 0.14mg (8.43%), Potassium: 279.2mg (7.98%), Folate: 31.05µg (7.76%), Vitamin E: 1.13mg (7.55%), Vitamin K: 7.22µg (6.87%), Fiber: 1.32g (5.3%), Magnesium: 18.5mg (4.63%), Phosphorus: 41.85mg (4.19%), Vitamin A: 197.86IU (3.96%), Vitamin B1: 0.05mg (3.61%), Copper: 0.06mg (2.83%), Iron: 0.5mg (2.76%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.31mg (2.1%), Calcium: 19.28mg (1.93%), Vitamin B5: 0.17mg (1.69%)