



## Grilled Summer Squash with Shoyu

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon kosher salt
- 2 teaspoons nama shoyu
- 2 baby squash yellow cut lengthwise into 1/2-inch slices
- 1 large zucchini cut lengthwise into 1/2-inch slices

### Equipment

bowl

grill

## Directions

Preheat grill to medium-high heat.

Combine canola oil, yellow squash, and zucchini in a large bowl. Toss well to coat.

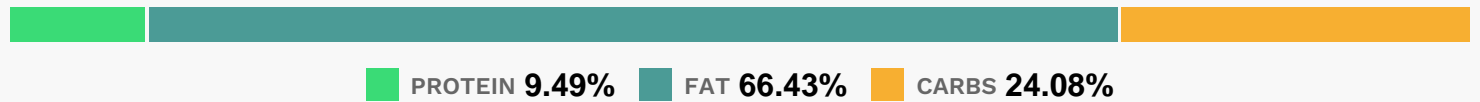
Sprinkle with pepper and kosher salt.

Place vegetables on grill rack coated with cooking spray; grill 7 minutes or until well marked and tender, turning once.

Remove from grill; drizzle nama shoyu evenly over vegetables.

Sprinkle with chopped fresh cilantro.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:8.4695651246154%

## Flavonoids

Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 93.29kcal (4.66%), Fat: 7.46g (11.47%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.11g (1.49%), Sugar: 4.19g (4.65%), Cholesterol: 0mg (0%), Sodium: 291.15mg (12.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin C: 31.17mg (37.78%), Manganese: 0.37mg (18.65%), Vitamin B6: 0.35mg (17.5%), Potassium: 482.79mg (13.79%), Vitamin B2: 0.22mg (12.94%), Folate: 48.32µg (12.08%), Vitamin K: 12.43µg (11.84%), Vitamin E: 1.45mg (9.65%), Magnesium: 33.53mg (8.38%), Fiber: 1.97g (7.9%), Vitamin A: 372.36IU (7.45%), Phosphorus: 72.57mg (7.26%), Vitamin B1: 0.08mg (5.64%), Copper: 0.1mg (4.89%), Vitamin B3: 0.9mg (4.51%), Iron: 0.71mg (3.93%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.33mg (3.29%), Calcium: 29.78mg (2.98%)