



Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 large onion red cut into 4 slices
- ☐ 0.3 teaspoon salt
- ☐ 2 baby squash yellow halved lengthwise
- ☐ 2 zucchini halved lengthwise

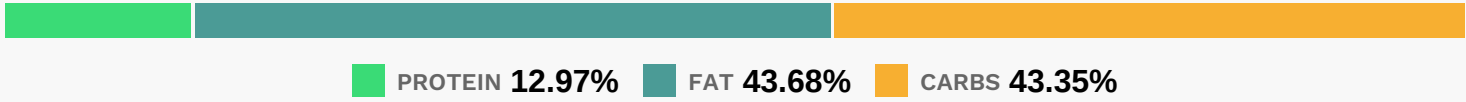
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Drizzle oil evenly over vegetables; sprinkle with salt and pepper.
- ☐ Place vegetables on grill rack coated with cooking spray. Grill zucchini and squash 2 minutes on each side or until tender. Grill onion, uncovered, 5 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:9.2426086197729%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 74.59kcal (3.73%), Fat: 4.02g (6.19%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 6.42g (2.34%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 156.34mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin C: 36.24mg (43.92%), Vitamin B6: 0.41mg (20.34%), Manganese: 0.4mg (19.84%), Potassium: 554.42mg (15.84%), Folate: 57.19µg (14.3%), Vitamin B2: 0.24mg (14.05%), Fiber: 2.56g (10.23%), Magnesium: 37.27mg (9.32%), Vitamin K: 9.58µg (9.12%), Phosphorus: 82.65mg (8.27%), Vitamin A: 393.23IU (7.86%), Vitamin B1: 0.1mg (6.93%), Copper: 0.11mg (5.72%), Vitamin E: 0.75mg (4.97%), Vitamin B3: 0.95mg (4.76%), Iron: 0.8mg (4.42%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.39mg (3.87%), Calcium: 37.38mg (3.74%)