



Grilled Yellow Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 cloves garlic crushed
- ☐ 8 servings salt and pepper to taste
- ☐ 4 medium baby squash yellow

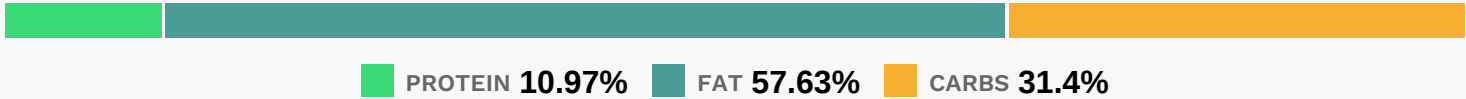
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat the grill for medium heat.
- ☐ Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill.
- ☐ Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant.
- ☐ Brush the slices of squash with the garlic oil, and season with salt and pepper.
- ☐ Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness.
- ☐ Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:4.50521733709%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.67kcal (2.03%), Fat: 2.88g (4.43%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.44g (0.89%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 195.93mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin C: 16.89mg (20.48%), Vitamin B6: 0.22mg (11.15%), Manganese: 0.18mg (9.23%), Vitamin B2: 0.14mg (8.23%), Potassium: 259.83mg (7.42%), Folate: 28.44µg (7.11%), Fiber: 1.09g (4.38%), Vitamin K: 4.58µg (4.36%), Magnesium: 16.85mg (4.21%), Vitamin A: 196.07IU (3.92%), Phosphorus: 38.39mg (3.84%), Vitamin E: 0.51mg (3.38%), Vitamin B1: 0.05mg (3.24%), Copper: 0.05mg (2.62%), Vitamin B3: 0.48mg (2.41%), Iron: 0.37mg (2.07%), Zinc: 0.29mg (1.96%), Calcium: 16.2mg (1.62%), Vitamin B5: 0.16mg (1.56%)