






 **27%**  
HEALTH SCORE

# Grilled Yellow Squash and Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
**15 min.**

SERVINGS  
  
**6**

CALORIES  
  
**65 kcal**

SIDE DISH

## Ingredients

- 1 garlic clove minced
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 teaspoon paprika
- 2 summer squash
- 2 zucchini

## Equipment

grill

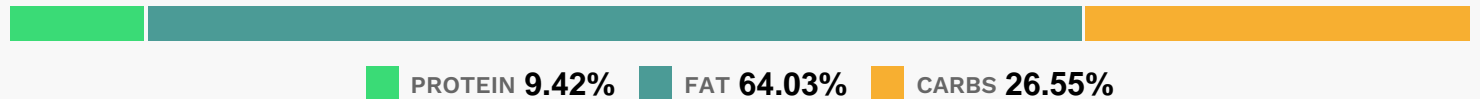
## Directions

Halve each squash, but do not peel.

Combine sauce ingredients and brush squash with sauce.

Place on medium hot grill and cook about 5 minutes on each side, basting frequently with the sauce.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:6.202173948288%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 65.2kcal (3.26%), Fat: 5.06g (7.79%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.26g (1.18%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 7.13mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin C: 23.94mg (29.02%), Vitamin B6: 0.26mg (13.03%), Manganese: 0.25mg (12.34%), Potassium: 353.1mg (10.09%), Vitamin B2: 0.16mg (9.28%), Folate: 35.24µg (8.81%), Vitamin K: 7.73µg (7.36%), Vitamin A: 345.73IU (6.91%), Magnesium: 24.05mg (6.01%), Vitamin E: 0.89mg (5.91%), Fiber: 1.47g (5.86%), Phosphorus: 51.97mg (5.2%), Vitamin B1: 0.06mg (4.26%), Iron: 0.65mg (3.63%), Copper: 0.07mg (3.62%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.25mg (2.45%), Calcium: 23.29mg (2.33%)