



Grilled Zucchini and Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 15 ounce kidney beans white rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil plus more for brushing
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 serrano chiles stemmed seeded finely chopped
- ☐ 3 zucchini cut lengthwise into 1/ slices

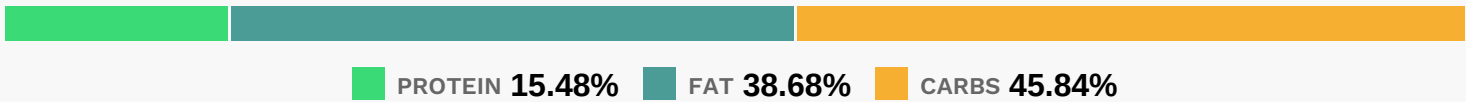
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare a barbecue or grill pan to medium-high.
- ☐ In a medium glass bowl, whisk the lime juice, vinegar and oil until slightly thickened. Season with salt and pepper.
- ☐ Add the red onions, cilantro, serrano chiles and garlic and toss gently until the vegetables are coated.
- ☐ Add the beans and stir to combine. Season with salt and pepper.
- ☐ Brush the zucchinis on both sides with olive oil.
- ☐ Sprinkle with salt and pepper. Grill the zucchini on a lightly oiled grill rack until tender, turning over once, about 4 minutes per side.
- ☐ Cut the zucchini crosswise into 1-inch pieces.
- ☐ Add the zucchini to the bowl with the dressing and beans. Toss to combine and serve.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:7.72, Inflammation Score:-6, Nutrition Score:12.740434615508%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 221.1kcal (11.06%), Fat: 9.86g (15.17%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 17.42g (6.34%), Sugar: 5.82g (6.46%), Cholesterol: 0mg (0%), Sodium: 372.62mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Fiber: 8.88g (35.51%), Manganese: 0.64mg (32.12%), Vitamin C: 22.58mg (27.37%), Phosphorus: 195.27mg (19.53%), Potassium: 666.59mg (19.05%), Vitamin K: 18.01µg (17.15%), Folate: 64.33µg (16.08%), Magnesium: 63.13mg (15.78%), Vitamin B6: 0.31mg (15.74%), Copper: 0.28mg (13.79%), Vitamin B1: 0.21mg (13.69%), Iron: 2.3mg (12.75%), Vitamin B2: 0.2mg (11.5%), Vitamin E: 1.49mg (9.92%), Zinc: 1.24mg (8.28%), Calcium: 63.86mg (6.39%), Vitamin B3: 1.21mg (6.06%), Vitamin A: 263.13IU (5.26%), Vitamin B5: 0.42mg (4.22%), Selenium: 1.99µg (2.84%)