



## Grilled Zucchini and Prosciutto Skewers

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**2**

CALORIES



**772 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground for seasoning
- 2 cups basil leaves fresh packed
- 1 clove garlic peeled smashed
- 0.5 teaspoon kosher salt for seasoning
- 2 tablespoons juice of lemon fresh
- 1 lemon zest
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin

- 1.5 ounces parmesan grated
- 0.3 cup pinenuts toasted
- 6.1 inch thick prosciutto quartered
- 3 medium zucchini trimmed cut into ten 1/2-inch-thick rounds

## Equipment

- food processor
- blender
- grill
- skewers
- grill pan
- pastry brush

## Directions

- Watch how to make this recipe.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Spray the grill with vegetable oil cooking spray.
- For the pesto: Pulse the basil, nuts, lemon juice, garlic, lemon zest, salt and pepper until finely chopped in a blender or food processor. With the machine running, gradually add the oil until the mixture is smooth and thick.
- Add the cheese and pulse until just incorporated. Season with salt and pepper.
- For the skewers: Thread 1 round of zucchini onto a skewer. Thread 1 crumpled piece of prosciutto onto the skewer. Repeat 3 more times ending with a round of zucchini. Each skewer should have 5 rounds of zucchini and 4 pieces of prosciutto.
- Drizzle the skewers with olive oil and grill, turning occasionally, until the zucchini are tender, about 5 minutes.
- Brush the skewers with the pesto, using a pastry brush, and serve.

## Nutrition Facts

 **PROTEIN 8.06%**  **FAT 84.13%**  **CARBS 7.81%**

## Properties

Glycemic Index:87, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:32.920869513698%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 772.28kcal (38.61%), Fat: 75.12g (115.58%), Saturated Fat: 12.79g (79.97%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 11.07g (4.02%), Sugar: 8.92g (9.91%), Cholesterol: 19.59mg (6.53%), Sodium: 1000.05mg (43.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin K: 155.27µg (147.87%), Manganese: 2.84mg (142.09%), Vitamin C: 67.27mg (81.54%), Vitamin E: 9.96mg (66.39%), Phosphorus: 417.55mg (41.75%), Vitamin A: 2033.36IU (40.67%), Calcium: 354.86mg (35.49%), Magnesium: 137.21mg (34.3%), Vitamin B6: 0.61mg (30.45%), Potassium: 1037.64mg (29.65%), Copper: 0.57mg (28.44%), Vitamin B2: 0.43mg (25.25%), Folate: 99.5µg (24.87%), Zinc: 3.3mg (22%), Iron: 3.67mg (20.39%), Fiber: 4.61g (18.46%), Vitamin B1: 0.26mg (17.39%), Vitamin B3: 2.94mg (14.7%), Selenium: 7.43µg (10.61%), Vitamin B5: 0.9mg (9.01%), Vitamin B12: 0.29µg (4.9%)