



Grilled Zucchini and Squash



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter
- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons ground pepper black
- ☐ 1 tablespoon salt
- ☐ 1 summer squash thinly sliced
- ☐ 2 zucchini halved lengthwise cut in 1/4 inch slices

Equipment

- ☐ grill

aluminum foil

Directions

- Preheat grill for medium-high heat.
- Place the zucchini, and squash on a large sheet of aluminum foil, and dot with butter. Season with salt, pepper, and garlic powder. Seal vegetables in the foil.
- Place the foil pack on the preheated grill, and cook 20 minutes, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:6.799565276374%

Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 233.63kcal (11.68%), Fat: 23.36g (35.95%), Saturated Fat: 14.69g (91.8%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.45g (2.72%), Cholesterol: 61.01mg (20.34%), Sodium: 1353.07mg (58.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.46mg (22.85%), Vitamin C: 17.28mg (20.95%), Vitamin A: 916.03IU (18.32%), Vitamin B6: 0.23mg (11.42%), Potassium: 321.55mg (9.19%), Vitamin K: 9.06µg (8.63%), Vitamin B2: 0.12mg (7.34%), Fiber: 1.76g (7.03%), Folate: 27.6µg (6.9%), Magnesium: 23.38mg (5.85%), Phosphorus: 58.25mg (5.82%), Vitamin E: 0.81mg (5.43%), Copper: 0.09mg (4.65%), Vitamin B1: 0.06mg (4.02%), Iron: 0.72mg (3.98%), Calcium: 33.85mg (3.38%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.51mg (2.55%), Selenium: 1.22µg (1.74%)