



## Grilled Zucchini-and-Summer Squash Salad with Citrus Splash Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper red crushed
- 3 tablespoons basil fresh thinly sliced
- 3 tablespoons honey
- 0.5 cup juice of lime fresh ( 3 limes)
- 2 teaspoons olive oil
- 0.8 cup orange juice fresh ( 3 oranges)
- 2 tablespoons orange zest grated

- 2 onion red
- 0.5 teaspoon salt
- 1 pound to 3 sized squashes yellow halved lengthwise
- 1.3 pounds zucchini halved lengthwise

## Equipment

- bowl
- grill
- ziploc bags
- colander

## Directions

- Combine first 7 ingredients in a large zip-top plastic bag. Peel onions, leaving root intact; cut each onion into 4 wedges.
- Add onion, zucchini, and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.
- Prepare grill.
- Drain vegetables in a colander over a bowl, reserving marinade.
- Place vegetables on a grill rack coated with cooking spray, and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade.
- Place the vegetables on a serving platter; sprinkle with the basil.
- Serve the vegetables with the remaining marinade.

## Nutrition Facts



**PROTEIN 9.5%** **FAT 14.21%** **CARBS 76.29%**

## Properties

Glycemic Index:62.07, Glycemic Load:11.64, Inflammation Score:-8, Nutrition Score:16.044347783794%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 8.27mg, Hesperetin: 8.27mg, Hesperetin: 8.27mg, Hesperetin: 8.27mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

## Nutrients (% of daily need)

Calories: 161.9kcal (8.09%), Fat: 2.86g (4.4%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 30.33g (11.03%), Sugar: 25.73g (28.59%), Cholesterol: 0mg (0%), Sodium: 310.43mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 85.48mg (103.61%), Vitamin B6: 0.59mg (29.42%), Manganese: 0.56mg (28.25%), Potassium: 897.25mg (25.64%), Folate: 96.6µg (24.15%), Vitamin B2: 0.34mg (19.92%), Fiber: 4.23g (16.92%), Vitamin K: 17.51µg (16.67%), Magnesium: 59.96mg (14.99%), Vitamin A: 748.3IU (14.97%), Vitamin B1: 0.2mg (13.16%), Phosphorus: 127.52mg (12.75%), Copper: 0.2mg (9.94%), Vitamin B3: 1.56mg (7.79%), Iron: 1.33mg (7.39%), Calcium: 70.73mg (7.07%), Vitamin B5: 0.69mg (6.88%), Zinc: 0.98mg (6.56%), Vitamin E: 0.76mg (5.05%), Selenium: 1.05µg (1.5%)