



## Grilled Zucchini Ribbon Roll-Ups

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup alouette garlic & herbs spreadable cheese (from 4-)
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste
- 2 small zucchini

### Equipment

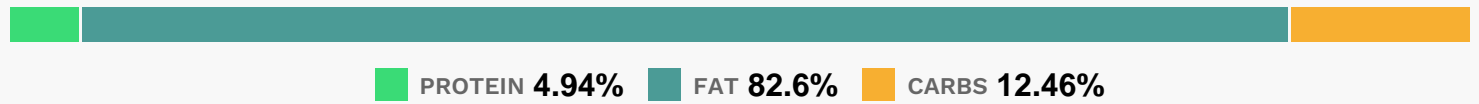
- frying pan
- toothpicks

- grill
- grill pan

## Directions

- Cut zucchini into long thin ribbons.
- Drizzle with oil; sprinkle with salt and pepper.
- Heat grill pan over medium heat.
- Add zucchini ribbons. Cook until golden-brown grill marks form on both sides.
- Remove from pan; cool completely.
- Spoon about 1 teaspoon cheese on top of each cherry tomato. Wrap zucchini ribbon around tomato and cheese; secure with toothpick.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.8965217069439%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 117.92kcal (5.9%), Fat: 11.37g (17.49%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.6g (1.78%), Cholesterol: 20.47mg (6.82%), Sodium: 302.12mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 12.7mg (15.4%), Vitamin E: 0.86mg (5.72%), Vitamin K: 5.2µg (4.95%), Manganese: 0.1mg (4.81%), Potassium: 156.88mg (4.48%), Vitamin B6: 0.08mg (4.19%), Vitamin A: 200.1IU (4%), Folate: 12.67µg (3.17%), Vitamin B2: 0.04mg (2.5%), Magnesium: 9.32mg (2.33%), Fiber: 0.57g (2.27%), Phosphorus: 21.9mg (2.19%), Copper: 0.04mg (1.98%), Iron: 0.34mg (1.9%), Vitamin B1: 0.03mg (1.78%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.07%)