



Grilled Zucchini Roll-Ups With Herbs and Cheese

 Vegetarian  Gluten Free

READY IN



54 min.

SERVINGS



4

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces bagged baby spinach packed (2 cups lightly)
- ☐ 0.3 cup basil leaves
- ☐ 0.1 teaspoon pepper black freshly ground plus more to taste
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 ounces goat cheese fresh
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.1 teaspoon salt plus more to taste
- ☐ 1.5 pound zucchini cut lengthwise into 1/4-inch-thick slices

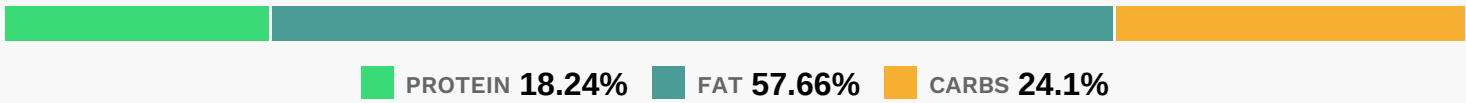
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill or grill pan to medium.
- ☐ Discard the outermost slices of zucchini; brush the rest with oil on both sides.
- ☐ Sprinkle the zucchini slices with salt and pepper. Grill until tender, about 4 minutes per side. You can prepare the zucchini a day ahead and store it in an airtight container in the refrigerator.
- ☐ In a small bowl, combine the goat cheese, parsley, and lemon juice, mashing together with a fork.
- ☐ Put 1/2 teaspoon of the cheese mixture about 1/2 inch from the end of a zucchini slice. Top with a few spinach leaves and a small (or half of a large) basil leaf.
- ☐ Roll up and place seam side down on a platter. Repeat with remaining zucchini slices. You can make these up to a day in advance; store in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:15.265217573746%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg

0.92mg, Kaempferol: 0.92mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 92.22kcal (4.61%), Fat: 6.36g (9.79%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 3.9g (1.42%), Sugar: 4.44g (4.93%), Cholesterol: 4.89mg (1.63%), Sodium: 137.32mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin K: 102.83µg (97.93%), Vitamin C: 36.36mg (44.08%), Vitamin A: 1969.13IU (39.38%), Manganese: 0.47mg (23.38%), Folate: 72.61µg (18.15%), Vitamin B6: 0.34mg (16.79%), Potassium: 538.36mg (15.38%), Vitamin B2: 0.23mg (13.51%), Magnesium: 45.39mg (11.35%), Phosphorus: 100.6mg (10.06%), Copper: 0.2mg (9.81%), Fiber: 2.09g (8.35%), Iron: 1.36mg (7.58%), Vitamin E: 1.04mg (6.93%), Vitamin B1: 0.1mg (6.45%), Calcium: 61.31mg (6.13%), Zinc: 0.75mg (4.97%), Vitamin B3: 0.95mg (4.74%), Vitamin B5: 0.44mg (4.38%), Selenium: 0.79µg (1.13%)