

health-score60%

HEALTH SCORE

Grilled Zucchini Rolls with Herbs and Cheese

 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN

ready

23 min.

SERVINGS

servings

4

CALORIES

calories

92 kcal

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 0.3 cup basil leaves
- ☐ 1 pinch pepper black freshly ground
- ☐ 1.5 ounces goat's cheese soft reduced-fat
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon freshly parsley leaves minced
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pound zucchini sliced lengthwise into 1/4-inch slices

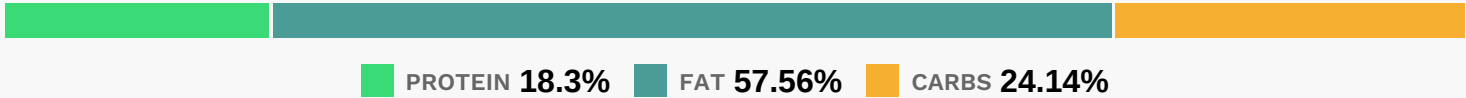
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Discard the outermost slices of zucchini and brush the rest of the slices with the oil on both sides. Season with salt and pepper.
- ☐ Place on a preheated grill or grill pan for about 4 minutes on each side, or until tender.
- ☐ In a small bowl combine the goat cheese, parsley leaves and lemon juice, mashing 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 1 small, or half of a large basil leaf.
- ☐ Roll up and place seam side down on a platter. Repeat with the rest of the zucchini slices.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:15.511739160704%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg 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: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 92.39kcal (4.62%), Fat: 6.37g (9.8%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 3.91g (1.42%), Sugar: 4.44g (4.93%), Cholesterol: 4.89mg (1.63%), Sodium: 137.97mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin K: 106.8µg (101.72%), Vitamin C: 36.59mg

(44.36%), Vitamin A: 2046.48IU (40.93%), Manganese: 0.47mg (23.71%), Folate: 74.21µg (18.55%), Vitamin B6: 0.34mg (16.87%), Potassium: 542.88mg (15.51%), Vitamin B2: 0.23mg (13.6%), Magnesium: 46.03mg (11.51%), Phosphorus: 100.99mg (10.1%), Copper: 0.2mg (9.86%), Fiber: 2.1g (8.42%), Iron: 1.39mg (7.7%), Vitamin E: 1.06mg (7.04%), Vitamin B1: 0.1mg (6.49%), Calcium: 62.1mg (6.21%), Zinc: 0.75mg (5%), Vitamin B3: 0.95mg (4.77%), Vitamin B5: 0.44mg (4.38%), Selenium: 0.8µg (1.14%)