



Grilled Zucchini with Basil Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 8 servings basil sprigs
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced pressed
- ☐ 1 teaspoon maple syrup
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 8 servings salt and pepper
- ☐ 8 zucchini green yellow rinsed ends trimmed cut into 1/2-inch-thick rounds (3 lb. total)

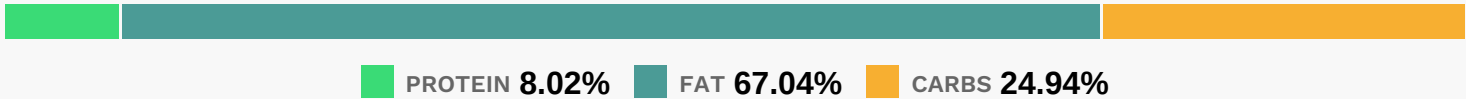
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ In a small bowl, mix chopped basil, vinegar, mustard, honey, and garlic.
- ☐ Whisking, blend in oil.
- ☐ Thread zucchini on thin skewers so rounds lie flat and pieces touch.
- ☐ Brush generously with basil vinaigrette.
- ☐ Place zucchini on a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds). Close lid on gas grill. Cook until brown on each side, 5 to 7 minutes total; turn once.
- ☐ Push zucchini from skewers onto a platter.
- ☐ Drizzle with remaining vinaigrette.
- ☐ Garnish with basil sprigs.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:9.9547825533411%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 123.42kcal (6.17%), Fat: 9.71g (14.94%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.03g (2.19%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 231.97mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin C: 35.82mg (43.42%), Vitamin K: 25.3µg (24.09%), Manganese: 0.43mg (21.37%), Vitamin B6: 0.33mg (16.72%), Potassium: 534.31mg (15.27%), Folate: 49.06µg (12.27%), Vitamin B2: 0.2mg (11.74%), Vitamin A: 538.46IU (10.77%), Vitamin E: 1.56mg (10.4%), Magnesium: 39.04mg (9.76%), Fiber: 2.1g (8.4%), Phosphorus: 80.33mg (8.03%), Vitamin B1: 0.09mg (6.32%), Copper: 0.12mg (5.99%), Iron: 0.95mg (5.28%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.42mg (4.16%), Calcium: 41.55mg (4.16%), Selenium: 1.14µg (1.64%)