



## Grilled Zucchini with Black Olives and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 3 tablespoons mint leaves fresh coarsely chopped
- 0.5 cup kalamata black chopped
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 4 servings salt and pepper black freshly ground
- 1.5 pounds zucchini ( 3 large)

### Equipment

- bowl

- grill
- grill pan

## Directions

- Prepare grill.
- Pit and thinly slice olives.
- Cut zucchini diagonally into 1/4-inch-thick slices and in a bowl toss with oil and salt and pepper, to taste.
- Grill zucchini, in batches if necessary, on a rack set 5 to 6 inches over glowing coals 2 to 3 minutes on each side, or until lightly charred and just tender. (Alternatively, zucchini may be grilled in a hot well-seasoned heavy-ridged grill pan over moderately high heat.)
- Transfer zucchini to bowl and toss with olives, mint, and lemon juice. Season with salt and pepper, to taste.

## Nutrition Facts

■ PROTEIN **7.46%** ■ FAT **71.3%** ■ CARBS **21.24%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:8.8539130687714%

## Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 118.97kcal (5.95%), Fat: 10.17g (15.65%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.22g (1.54%), Sugar: 4.44g (4.93%), Cholesterol: 0mg (0%), Sodium: 278.22mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin C: 33.09mg (40.11%), Manganese: 0.36mg (17.92%), Vitamin B6: 0.29mg (14.47%), Potassium: 477.64mg (13.65%), Vitamin E: 1.86mg (12.41%), Folate: 46.37µg (11.59%), Vitamin K: 11.93µg (11.36%), Vitamin A: 566.59IU (11.33%), Fiber: 2.59g (10.38%), Vitamin B2: 0.17mg (10.11%), Magnesium: 35.87mg (8.97%), Phosphorus: 68.51mg (6.85%), Copper: 0.12mg (6.23%), Vitamin B1: 0.08mg (5.61%), Iron: 0.95mg (5.3%), Calcium: 45.84mg (4.58%), Vitamin B3: 0.88mg (4.38%), Zinc: 0.6mg (3.97%), Vitamin B5:

0.37mg (3.7%)