



Grilled Zucchini With Feta and Mint

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- 6 servings arugula
- 0.8 cup feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 2 Tbsp juice of lemon fresh
- 0.3 cup olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup shallots minced

2.5 lb zucchini

Equipment

grill

Directions

Preheat grill to 350 to 400 (medium-high) heat.

Cut zucchini lengthwise into 1/4-inch-thick slices.

Brush with 2 Tbsp. olive oil. Grill zucchini, without grill lid, 2 to 3 minutes on each side or until tender.

Toss zucchini with shallots and next 6 ingredients.

Serve immediately over arugula.

Nutrition Facts

 PROTEIN 12.12%  FAT 67.52%  CARBS 20.36%

Properties

Glycemic Index:22.67, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:13.021304462267%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 173.66kcal (8.68%), Fat: 13.74g (21.15%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.83g (6.48%), Cholesterol: 16.69mg (5.56%), Sodium: 621.11mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 38.58mg (46.77%), Vitamin K: 25.13µg (23.94%), Manganese: 0.44mg (22.16%), Vitamin B6: 0.43mg (21.69%), Vitamin B2: 0.35mg (20.7%), Potassium: 591.75mg (16.91%), Folate: 67.34µg (16.83%), Vitamin A: 766.82IU (15.34%), Phosphorus: 148mg (14.8%), Calcium: 147.74mg (14.77%), Magnesium: 46.28mg (11.57%), Vitamin E: 1.61mg (10.75%), Fiber: 2.56g (10.22%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.26mg (8.37%), Iron: 1.24mg (6.91%), Copper: 0.13mg (6.56%), Vitamin B5: 0.65mg (6.54%),

Vitamin B3: 1.12mg (5.62%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.35µg (4.79%)