



Grilled Zucchini with Fresh Mozzarella



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 clove garlic minced
- ☐ 4 servings fresh-ground pepper black
- ☐ 0.5 pound mozzarella cheese fresh salted thick cut into slices
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 0.3 teaspoon red-wine vinegar
- ☐ 1 pound zucchini cut lengthwise into 1/4-inch slices

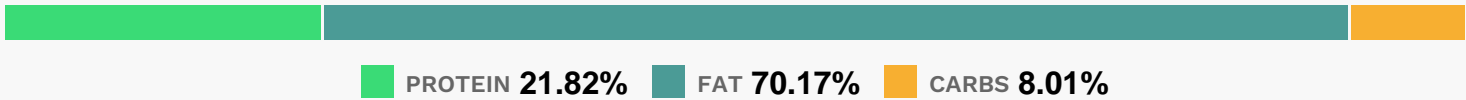
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ Light the grill or heat the broiler. In a large glass or stainless-steel bowl, toss the zucchini with 1 tablespoon of the oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Grill or broil the zucchini, turning once, until tender and golden, about 5 minutes per side.
- ☐ Put the zucchini back in the bowl.
- ☐ Toss the zucchini with 1/2 tablespoon of the oil, 1/8 teaspoon salt, the vinegar, garlic, and parsley.
- ☐ Let cool.
- ☐ Put the mozzarella slices on a serving plate, fanning them out to form a circle.
- ☐ Drizzle them with the remaining 1/2 tablespoon oil and sprinkle them with a pinch of pepper. Fold the zucchini slices in half and tuck them between the pieces of cheese.
- ☐ Fresh Mozzarella: Soft mozzarella is shaped into balls and stored in water to keep it moist. It is available both salted and unsalted, but the latter is very bland indeed. We prefer the salted variety; salting brings out the mild, milky flavor of the cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:11.726521699325%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 253.04kcal (12.65%), Fat: 20.05g (30.85%), Saturated Fat: 8.52g (53.26%), Carbohydrates: 5.14g (1.71%),
Net Carbohydrates: 3.94g (1.43%), Sugar: 3.44g (3.82%), Cholesterol: 44.79mg (14.93%), Sodium: 559.24mg
(24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Calcium: 307.86mg (30.79%),
Vitamin C: 21.86mg (26.5%), Vitamin K: 26.97µg (25.69%), Phosphorus: 245.72mg (24.57%), Vitamin B12: 1.29µg
(21.55%), Vitamin B2: 0.27mg (15.83%), Selenium: 9.98µg (14.26%), Vitamin A: 694.94IU (13.9%), Zinc: 2.04mg
(13.6%), Manganese: 0.25mg (12.26%), Vitamin B6: 0.22mg (10.82%), Potassium: 349.17mg (9.98%), Vitamin E:
1.26mg (8.41%), Folate: 32.74µg (8.19%), Magnesium: 32.63mg (8.16%), Fiber: 1.21g (4.83%), Vitamin B1: 0.07mg
(4.7%), Iron: 0.8mg (4.42%), Copper: 0.07mg (3.58%), Vitamin B5: 0.32mg (3.21%), Vitamin B3: 0.59mg (2.95%),
Vitamin D: 0.23µg (1.51%)