



Grilled Zucchini with Garlic and Lemon Butter Baste

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 0.3 teaspoon curry powder
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon lemon juice concentrate unsweetened frozen
- ☐ 1 teaspoon lemon-pepper seasoning
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

☐

2.5 pounds zucchini trimmed halved lengthwise

Equipment

☐

sauce pan

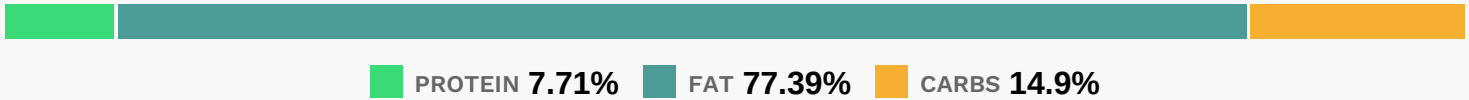
☐

grill

Directions

- ☐
- Preheat barbecue (medium heat). Score cut side of zucchini halves diagonally about 1/4 inch deep at 1-inch intervals. Melt butter with lemon juice concentrate, lemon-pepper seasoning, garlic powder, oregano, and curry powder in heavy small saucepan. Season with salt and pepper.
- ☐
- Brush seasoned butter on cut side of zucchini.
- ☐
- Place zucchini on grill and cook until charred on all sides and just beginning to soften, about 12 minutes. If desired, arrange zucchini on grill, cut side up, and sprinkle with cheese; close lid of barbecue and cook until cheese just softens, about 1 minute.
- ☐
- Transfer zucchini to platter.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:7.3447825795282%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 142.12kcal (7.11%), Fat: 12.87g (19.8%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.93g (1.43%), Sugar: 3.62g (4.03%), Cholesterol: 33.22mg (11.07%), Sodium: 157.64mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin C: 26.12mg (31.66%), Manganese: 0.3mg (15.22%), Vitamin A: 671.42IU (13.43%), Vitamin B6: 0.25mg (12.26%), Potassium: 392.96mg (11.23%), Folate: 35.92µg (8.98%), Vitamin B2: 0.15mg (8.92%), Vitamin K: 9.17µg (8.73%), Phosphorus: 79.77mg (7.98%), Magnesium: 28.55mg (7.14%), Fiber: 1.65g (6.59%), Calcium: 59.52mg (5.95%), Vitamin B1: 0.07mg (4.55%), Copper: 0.08mg

(4.2%), Zinc: 0.63mg (4.17%), Vitamin E: 0.58mg (3.88%), Iron: 0.7mg (3.88%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.33mg (3.26%), Selenium: 1.64µg (2.35%), Vitamin B12: 0.07µg (1.11%)