



 **11%**
HEALTH SCORE

Grilled Zucchini with Goat Cheese and Balsamic-Honey Syrup

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



272 kcal

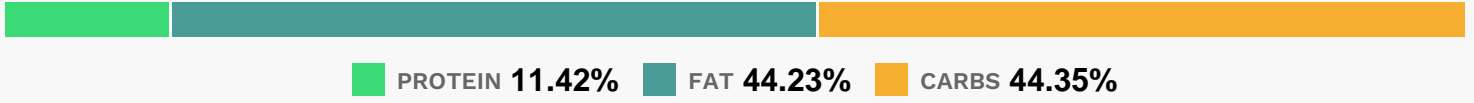
SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 2 ounces goat cheese crumbled
- 1 Tbsp grapeseed oil
- 2 Tbsp honey
- 2 servings pepper freshly-ground
- 2 servings salt
- 2 zucchini medium to large

Equipment

Nutrition Facts



Properties

Glycemic Index:101.64, Glycemic Load:13.27, Inflammation Score:-6, Nutrition Score:11.653043478261%

Flavonoids

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 271.53kcal (13.58%), Fat: 13.61g (20.93%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 28.67g (10.43%), Sugar: 28.75g (31.94%), Cholesterol: 13.04mg (4.35%), Sodium: 324.43mg (14.11%), Protein: 7.9g (15.81%), Vitamin C: 35.19mg (42.65%), Manganese: 0.46mg (23.05%), Vitamin B6: 0.4mg (19.78%), Vitamin B2: 0.3mg (17.65%), Copper: 0.33mg (16.57%), Potassium: 578.82mg (16.54%), Phosphorus: 156.13mg (15.61%), Vitamin E: 2.3mg (15.36%), Vitamin A: 685.4IU (13.71%), Folate: 50.88µg (12.72%), Magnesium: 45.51mg (11.38%), Iron: 1.67mg (9.27%), Vitamin K: 9.1µg (8.67%), Calcium: 84.35mg (8.43%), Fiber: 2.03g (8.11%), Vitamin B1: 0.11mg (7.21%), Zinc: 0.97mg (6.47%), Vitamin B5: 0.61mg (6.08%), Vitamin B3: 1.03mg (5.16%), Selenium: 1.36µg (1.94%)