



Grilled Zucchini with Mint and Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup mint leaves fresh divided chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup oregano fresh divided chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

☐ 1.8 pounds zucchini

Equipment

☐ bowl

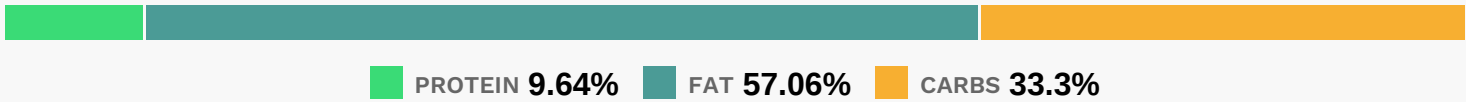
☐ whisk

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add 3 tablespoons mint and 3 tablespoons oregano.
- ☐ Add zucchini slices, tossing gently to coat.
- ☐ Let stand at room temperature at least 15 minutes, stirring occasionally.
- ☐ Remove zucchini from bowl, reserving marinade.
- ☐ Place zucchini slices on grill rack; cover and grill 3 minutes on each side or just until tender. Arrange zucchini on a platter; drizzle with reserved marinade, and sprinkle with remaining 1 tablespoon each of mint and oregano.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:6.9400000131649%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 65kcal (3.25%), Fat: 4.46g (6.87%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.81g (1.38%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 177.13mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin C: 21.26mg (25.77%), Manganese: 0.35mg (17.46%), Vitamin K: 18.2µg (17.33%), Vitamin B6: 0.22mg (11.06%), Potassium: 337.24mg (9.64%), Folate: 33.17µg (8.29%), Fiber: 2.05g (8.22%), Vitamin B2: 0.12mg (7.15%), Vitamin E: 1.03mg (6.85%), Magnesium: 27.26mg (6.81%), Iron: 1.22mg (6.77%), Vitamin A: 325.12IU (6.5%), Calcium: 53.27mg (5.33%), Phosphorus: 49.6mg (4.96%), Copper: 0.08mg (4.15%), Vitamin B1: 0.06mg (3.87%), Vitamin B3: 0.63mg (3.15%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.26mg (2.62%)