



HEALTH SCORE

80%

Grilled Zucchini with Parmesan Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



596 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil
- ☐ 1 small garlic clove
- ☐ 0.5 cup olive oil
- ☐ 2 servings olive oil
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 servings salt and pepper black to taste
- ☐ 6 zucchini

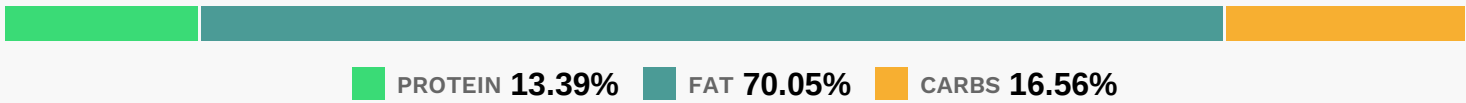
Equipment

- ☐ food processor
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Combine basil leaves, garlic, and pine nuts in a food processor; pulse until well-blended. Gradually pour in 1/2 cup olive oil and Parmesan cheese; pulse again. The pesto should be very thick. Adjust seasoning with salt and black pepper, as desired. Thinly slice zucchini lengthwise; brush lightly with olive oil, and sprinkle lightly with salt and black pepper. Grill until marked on both sides and tender (about 1 minute per side); remove and cool.
- ☐ Spread about 1 teaspoon of pesto on 1 side of each grilled zucchini slice; roll up and secure with a toothpick.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:39.227390994196%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 595.63kcal (29.78%), Fat: 48.81g (75.09%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 19.23g (6.99%), Sugar: 15.38g (17.09%), Cholesterol: 32.63mg (10.88%), Sodium: 898.65mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Manganese: 2.72mg (136.07%), Vitamin C: 108.01mg (130.93%), Vitamin K: 99.77µg (95.02%), Phosphorus: 567.24mg (56.72%), Vitamin B6: 1.04mg (52.09%), Potassium: 1746.13mg (49.89%), Calcium: 452.6mg (45.26%), Vitamin B2: 0.73mg (43.01%), Vitamin A: 2138.4IU (42.77%), Magnesium: 169.38mg (42.35%), Vitamin E: 6.14mg (40.93%), Folate: 157.31µg (39.33%), Zinc: 4.71mg (31.39%), Copper: 0.6mg (30.01%), Fiber: 6.73g (26.91%), Vitamin B1: 0.34mg (22.88%), Iron: 3.82mg (21.24%), Selenium: 14.67µg (20.96%), Vitamin B3: 3.54mg (17.7%), Vitamin B5: 1.41mg (14.08%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.19µg (1.25%)