



Grilled Zucchini with Sea Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.3 teaspoon sea salt



2 teaspoons olive oil extra virgin extra-virgin



2 medium zucchini

Equipment



food processor



bowl



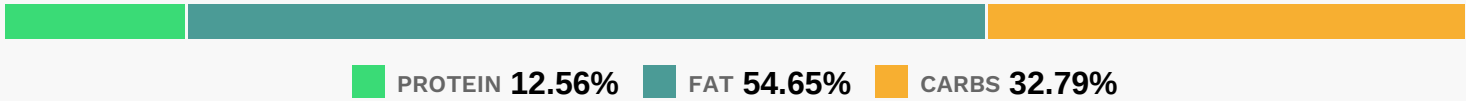
frying pan

- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan over medium-high heat.
- ☐ Combine all ingredients in a bowl; toss well to coat. Arrange zucchini in a single layer in pan; grill 4 minutes, turning after 2 minutes.
- ☐ PARMIGIANO-CRUMBED: Prepare base recipe. Chop 1 1/2 ounces ciabatta bread.
- ☐ Place bread and 1/2 teaspoon thyme in a food processor; pulse 10 times.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add 2 teaspoons olive oil.
- ☐ Add bread mixture; cook 5 minutes, stirring frequently.
- ☐ Combine zucchini, bread mixture, and 2 tablespoons grated fresh Parmigiano-Reggiano.
- ☐ Serves 4 CALORIES 94; FAT 9g (sat 2g); SODIUM 241mg
- ☐ CAPRESE "SALSA": Prepare base recipe.
- ☐ Combine 1/3 cup diced tomato, 2 ounces sliced fresh mozzarella cheese, 3 tablespoons chopped fresh basil, and 1 minced garlic clove in a bowl.
- ☐ Add 1 tablespoon extra-virgin olive oil and 1 teaspoon red wine vinegar to tomato mixture; stir gently. Divide zucchini evenly among 4 plates. Top zucchini evenly with tomato mixture.
- ☐ Serves 4 CALORIES 106; FAT 1g (sat 3g); SODIUM 246mg
- ☐ MINT GREMOLATA: Prepare base recipe.
- ☐ Combine 1/4 cup finely chopped fresh flat-leaf parsley, 1/4 cup finely chopped fresh mint, 1 1/2 tablespoons grated lemon rind, 1 tablespoon olive oil, and 2 minced garlic cloves. Divide zucchini evenly among 4 plates; top evenly with gremolata.
- ☐ Serves 4 CALORIES 72; FAT 9g (sat 8g); SODIUM 133mg

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.2491304524567%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 34.65kcal (1.73%), Fat: 2.32g (3.57%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.12g (0.77%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 153.25mg (6.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 17.54mg (21.26%), Manganese: 0.19mg (9.49%), Vitamin B6: 0.16mg (8.01%), Potassium: 257.49mg (7.36%), Folate: 23.54µg (5.89%), Vitamin B2: 0.09mg (5.43%), Vitamin K: 5.62µg (5.35%), Magnesium: 17.86mg (4.46%), Fiber: 1.01g (4.05%), Vitamin A: 196.68IU (3.93%), Phosphorus: 37.44mg (3.74%), Vitamin B1: 0.04mg (2.95%), Vitamin E: 0.41mg (2.71%), Copper: 0.05mg (2.69%), Vitamin B3: 0.44mg (2.22%), Iron: 0.39mg (2.15%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.2mg (2.02%), Calcium: 16.34mg (1.63%)