



WHATSheATE



Grilled Zucchini with White Cheese and Zucchini Flowers

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 7 ounces cheese white such as feta or goat soft
- ☐ 1 juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon nigella seeds toasted
- ☐ 3 zucchini sliced lengthwise into thin strips
- ☐ 6 zucchini cleaned trimmed

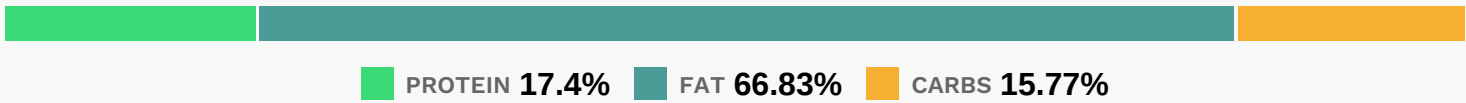
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat 1 tablespoon of olive oil in a heavy ridged grill pan. Grill the zucchini strips, roughly 1 minute on each side, until just golden brown.
- ☐ Remove and cool. You may need to do these in batches.
- ☐ Place the cooked zucchini in a large bowl, add the zucchini flowers, crumble in the cheese, and season to taste.
- ☐ Mix the lemon juice, remaining olive oil and nigella seeds in a small bowl.
- ☐ Drizzle over the zucchini, flowers, and cheese, toss gently and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:25.321304424949%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 379.5kcal (18.97%), Fat: 29.4g (45.23%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 11.05g (4.02%), Sugar: 11.4g (12.66%), Cholesterol: 49.61mg (16.54%), Sodium: 360.05mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin C: 81.84mg (99.2%), Calcium: 422.31mg (42.23%), Manganese: 0.8mg (39.96%), Phosphorus: 395.56mg (39.56%), Vitamin B6: 0.76mg (37.84%), Vitamin B2: 0.63mg (37.33%), Potassium: 1198.37mg (34.24%), Folate: 117.78µg (29.44%), Vitamin A: 1380.1IU

(27.6%), Vitamin K: 26.64µg (25.37%), Magnesium: 93.4mg (23.35%), Zinc: 3.24mg (21.58%), Selenium: 14.93µg (21.34%), Fiber: 4.58g (18.3%), Vitamin E: 2.43mg (16.17%), Vitamin B1: 0.21mg (14.32%), Copper: 0.25mg (12.63%), Vitamin B5: 1.12mg (11.16%), Vitamin B3: 2.02mg (10.11%), Iron: 1.79mg (9.92%), Vitamin B12: 0.53µg (8.76%), Vitamin D: 0.3µg (1.98%)