



Indian-Spiced Grilled Baby Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pound baby pattypan squash cut in half crosswise
- ☐ 1 medium onion red cut into 1-inch pieces

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0.5 teaspoon salt

Equipment

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bowl

☐

grill

☐

skewers

Directions

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Preheat grill.

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Combine first 7 ingredients in a large bowl; toss well. Thread squash and onion alternately onto each of 8 (10-inch) skewers.

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Place skewers on grill rack coated with cooking spray; grill 10 minutes or until tender, turning frequently.

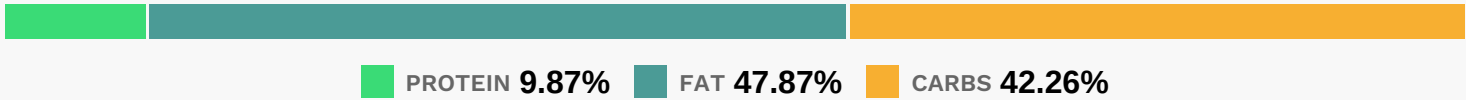
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Drizzle with juice.

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Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:5.9621739283852%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 65.67kcal (3.28%), Fat: 3.85g (5.92%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 293.78mg (12.77%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin C: 24.38mg (29.55%), Manganese: 0.24mg (11.97%), Folate: 41.49µg (10.37%), Fiber: 2.07g (8.27%), Vitamin B6: 0.16mg (8.06%), Magnesium: 31.56mg (7.89%), Potassium: 265.08mg (7.57%), Copper: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.36%), Vitamin A: 301.54IU (6.03%), Vitamin K: 5.97µg (5.68%), Phosphorus: 51.83mg (5.18%), Vitamin E: 0.67mg (4.45%), Iron: 0.73mg (4.04%), Vitamin B3: 0.75mg (3.76%), Calcium: 34.36mg (3.44%), Zinc: 0.41mg (2.74%), Vitamin B2: 0.05mg (2.74%), Vitamin B5: 0.16mg (1.6%)