



Italian Grilled Zucchini and Red Onion

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces parmesan fresh shaved
- ☐ 2 inch onion red (1 large)
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 pounds zucchini cut lengthwise into (1/4-inch-thick) slices

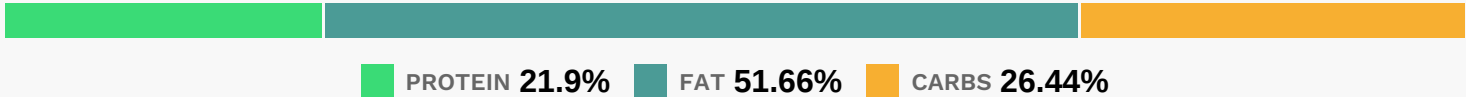
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Sprinkle zucchini mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss gently to coat. Arrange vegetables in a single layer on a grill rack; grill 4 minutes on each side or until zucchini is tender and vegetables are well marked.
- ☐ Remove zucchini from grill; reduce grill heat to medium-low. Grill onion an additional 5 minutes or until tender.
- ☐ Combine zucchini, onion, and vinegar in a large bowl, tossing to coat.
- ☐ Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, cheese, and mint.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.893913090229%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 57.74kcal (2.89%), Fat: 3.5g (5.39%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.76g (1%), Sugar: 2.91g (3.23%), Cholesterol: 3.61mg (1.2%), Sodium: 240.34mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 20.76mg (25.17%), Manganese: 0.24mg (11.77%), Vitamin B6: 0.19mg (9.62%), Potassium: 312.07mg (8.92%), Calcium: 85.15mg (8.51%), Phosphorus:

81.58mg (8.16%), Vitamin B2: 0.13mg (7.53%), Folate: 29.15µg (7.29%), Vitamin A: 322.11IU (6.44%), Magnesium: 24.18mg (6.05%), Vitamin K: 6.23µg (5.93%), Fiber: 1.28g (5.11%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.53mg (3.51%), Copper: 0.07mg (3.42%), Iron: 0.57mg (3.16%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.26mg (2.62%), Selenium: 1.43µg (2.05%), Vitamin B12: 0.06µg (1.06%)