

SIDE DISH

Marinated and Grilled Provolone

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
73 min	10 min	63 min	8	\$0.18	66 kcal



Marinated and Grilled Provolone is a gluten free, lacto ovo vegetarian, and primal side dish. One portion of this dish contains approximately 0g of protein, 7g of fat, and a total of 66 calories. For 18 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. Thi...

Ingredients

- ☐ ¼ teaspoon chili flakes
- ☐ ¼ cup extra-virgin olive oil
- ☐ 1 tablespoon freshly minced parsley leaves
- ☐ 8 servings Grey salt and freshly ground black pepper
- ☐ 5 cloves garlic, minced
- ☐ 1 tablespoon dried oregano
- ☐ 2 pieces provolone cheese (about 1 1/2-pounds total)

EQUIPMENT Baking pan, Grill

Method

- 1 Watch how to make this recipe.
- 2 Prepare a charcoal or gas grill.
- 3 Rub the pieces of provolone all over with the olive oil and season with the rest of the ingredients.
- 4 Let marinate refrigerated for 1 hour. Grill the cheese on the hot grill over moderately-high heat for about 2 minutes per side until grill marks appear and the cheese just begins to soften.
- 5 Transfer the cheese to a metal plate or baking dish on top of the grill. Cook until the cheese just barely starts to melt and begins to brown on the bottom, about 3 to 5 minutes.
- 6 Serve hot with crusty bread or grilled bread slices.

Nutrition per serving

66	0 g	7 g	1 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			0.4 g · 1% of daily needs
Sugar			0.1 g · 0% of daily needs
Sodium			3.8 mg · 0% of daily needs
Cholesterol			0.2 mg · 0% of daily needs
Vitamin C			1.3 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/marinated-and-grilled-provolone-142246](https://www.whatsheate.com/marinated-and-grilled-provolone-142246)