



Marinated Zucchini and Summer Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



203 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound crookneck squash yellow trimmed sliced (3 large)
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 pound zucchini trimmed sliced (3 large)

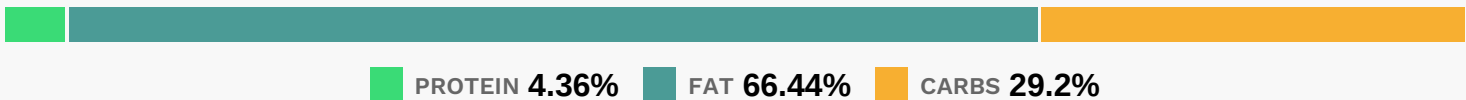
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil. Spoon 3 tablespoons of the marinade into a small bowl. Cover and set aside.
- ☐ Add the zucchini and yellow squash to the remaining marinade in the large bowl and toss to coat.
- ☐ Transfer the mixture to a 13 by 9 by 2-inch glass baking dish. Cover and marinate at room temperature at least 3 hours or cover and refrigerate up to 1 day.
- ☐ Prepare the barbecue for medium-high heat. Grill the vegetables until they are crisp-tender and brown, turning occasionally, about 8 minutes.
- ☐ Transfer the vegetables to a platter.
- ☐ Drizzle with the reserved marinade and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:12.778695635174%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 157.91kcal (7.9%), Fat: 12.35g (19%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.79g (3.56%), Sugar: 3.69g (4.1%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin A: 8219.98IU (164.4%), Vitamin C: 32.85mg (39.82%), Vitamin E: 2.92mg (19.45%), Manganese: 0.34mg (16.8%), Potassium: 481.38mg (13.75%), Vitamin B6: 0.26mg (13.05%), Vitamin K: 11.49µg (10.95%), Magnesium: 41.38mg (10.35%), Folate: 39.91µg (9.98%), Fiber: 2.43g (9.72%), Vitamin B1: 0.11mg (7.59%), Vitamin B3: 1.28mg (6.38%), Iron: 1.05mg (5.84%), Phosphorus: 57.38mg (5.74%), Calcium: 54.66mg (5.47%), Vitamin B2: 0.09mg (5.4%), Copper: 0.1mg (5.24%), Vitamin B5: 0.48mg (4.75%), Zinc: 0.39mg (2.59%), Selenium: 0.73µg (1.04%)