



 **11%**
HEALTH SCORE

Pesto Squash

 **Gluten Free**

READY IN



16 min.

SERVINGS



4

CALORIES



293 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup basil pesto
- 4 tablespoons parmesan
- 4 zucchini sliced

Equipment

- bowl

Directions

Place zucchini in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.

In a serving bowl, mix together zucchini and pesto. Top with Parmesan cheese.

Nutrition Facts

PROTEIN 9.61% **FAT 75.3%** **CARBS 15.09%**

Properties

Glycemic Index:10.5, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:10.59695650378%

Flavonoids

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 292.86kcal (14.64%), Fat: 24.86g (38.24%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 8.26g (3.01%), Sugar: 6.92g (7.69%), Cholesterol: 8.36mg (2.79%), Sodium: 675.48mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin C: 35.08mg (42.53%), Vitamin A: 1680.97IU (33.62%), Calcium: 190.38mg (19.04%), Manganese: 0.35mg (17.4%), Vitamin B6: 0.32mg (16.2%), Potassium: 516.16mg (14.75%), Folate: 47.39µg (11.85%), Fiber: 2.95g (11.81%), Vitamin B2: 0.2mg (11.81%), Phosphorus: 109.18mg (10.92%), Magnesium: 37.48mg (9.37%), Vitamin K: 8.51µg (8.11%), Iron: 1.13mg (6.25%), Vitamin B1: 0.09mg (6.01%), Copper: 0.11mg (5.27%), Zinc: 0.76mg (5.1%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.42mg (4.22%), Selenium: 1.52µg (2.17%), Vitamin E: 0.25mg (1.64%)