



Plank-Grilled Zucchini with Couscous, Spinach, and Feta Stuffing

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 30 cedar grilling planks
- 0.8 cup couscous uncooked
- 2 ounces feta cheese diced
- 0.3 cup mint leaves fresh chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.5 teaspoon kosher salt

- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 1 tablespoon olive oil extra-virgin
- 0.5 cup shallots chopped (1 large)
- 2.3 cups vegetable broth organic
- 2 pounds zucchini

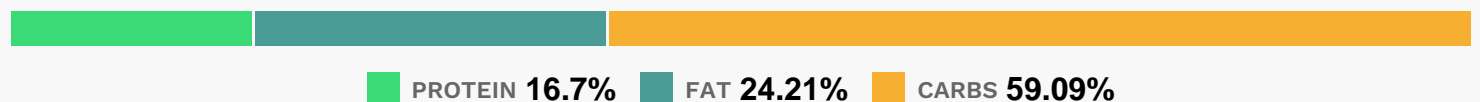
Equipment

- frying pan
- grill

Directions

- Soak planks in water 1 hour; drain.
- Preheat grill to medium-high heat.
- Place broth in a large skillet over medium-high heat; bring to a boil.
- Add shallots and spinach; cook 5 minutes. Stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Stir in cheese and next 5 ingredients (through pepper).
- Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.
- Sprinkle salt evenly over zucchini. Spoon about 2/3 cup stuffing into each zucchini half.
- Place planks on grill rack; grill 3 minutes or until lightly charred. Turn planks over; place zucchini on charred sides of planks. Cover; grill 12 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:23.27608704567%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 188.47kcal (9.42%), Fat: 5.32g (8.18%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 24.34g (8.85%), Sugar: 6.61g (7.34%), Cholesterol: 8.41mg (2.8%), Sodium: 706.37mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Vitamin K: 184.14µg (175.37%), Vitamin A: 6152.1IU (123.04%), Manganese: 0.86mg (43.16%), Vitamin C: 35.6mg (43.15%), Folate: 122.59µg (30.65%), Vitamin B6: 0.47mg (23.34%), Vitamin B2: 0.36mg (20.9%), Magnesium: 80.3mg (20.08%), Potassium: 686.35mg (19.61%), Fiber: 4.86g (19.43%), Phosphorus: 163.23mg (16.32%), Calcium: 150.63mg (15.06%), Vitamin E: 1.93mg (12.84%), Vitamin B1: 0.18mg (11.86%), Iron: 2.11mg (11.74%), Copper: 0.23mg (11.56%), Vitamin B3: 1.85mg (9.26%), Zinc: 1.31mg (8.71%), Vitamin B5: 0.79mg (7.9%), Selenium: 4.81µg (6.87%), Vitamin B12: 0.16µg (2.66%)