



WHATSheATE



HEALTH SCORE

79%

Summer Squash Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 2 small zucchini cut into 1/4-inch slices
- ☐ 2 small to 3 sized squashes yellow cut into 1/4-inch slices
- ☐ 6 baby vegetables cut in half
- ☐ 0.3 cup balsamic vinaigrette salad dressing
- ☐ 2 medium roma tomatoes sliced (plum)
- ☐ 2 tablespoons cilantro leaves fresh chopped

Equipment

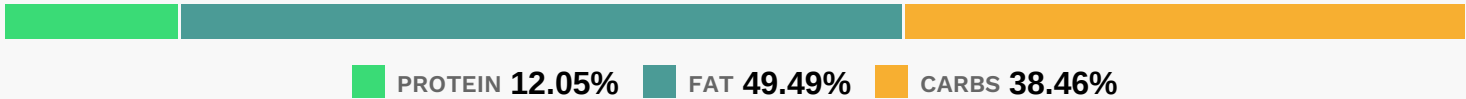
- ☐ bowl

- ☐ grill
- ☐ wok

Directions

- ☐ Heat coals or gas grill for direct heat. In large bowl, mix zucchini, summer squash, pattypan squash and dressing.
- ☐ Place mixture in grill basket (grill “wok”). Reserve dressing in bowl.
- ☐ Cover and grill squash over medium heat 10 to 13 minutes, shaking basket or stirring squash occasionally, until crisp–tender. Return squash to bowl with dressing.
- ☐ Add tomatoes and cilantro; toss to coat.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:17.307391088942%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 141.15kcal (7.06%), Fat: 8.7g (13.38%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 10.53g (3.83%), Sugar: 10.08g (11.19%), Cholesterol: 0mg (0%), Sodium: 10.25mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin C: 70.79mg (85.81%), Manganese: 0.64mg (32.21%), Vitamin K: 31.23µg (29.74%), Folate: 112.54µg (28.14%), Vitamin B6: 0.53mg (26.39%), Potassium: 848.43mg (24.24%), Vitamin A: 1061.08IU (21.22%), Magnesium: 82.76mg (20.69%), Fiber: 4.68g (18.71%), Copper: 0.34mg (17.01%), Vitamin B1: 0.25mg (16.33%), Phosphorus: 144.18mg (14.42%), Vitamin B2: 0.22mg (13.06%), Vitamin B3: 2.27mg (11.35%), Vitamin E: 1.37mg (9.11%), Iron: 1.53mg (8.51%), Zinc: 1.15mg (7.69%), Calcium: 69.97mg (7%), Vitamin B5: 0.5mg (5.01%), Selenium: 1µg (1.43%)