



Yellow Squash Melt



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 ounces 0%-less-fat pepper-jack cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 2 baby squash yellow halved lengthwise

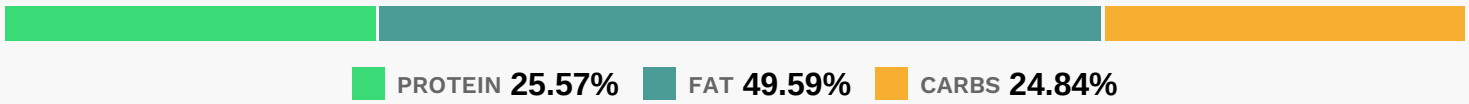
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Lightly coat squash with cooking spray; sprinkle evenly with salt.
- ☐ Place squash on grill rack coated with cooking spray; grill 3 to 4 minutes on each side or until almost tender.
- ☐ Place squash, cut sides up, on a serving plate; sprinkle evenly with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:5.2034783492918%

Nutrients (% of daily need)

Calories: 50.05kcal (2.5%), Fat: 2.97g (4.57%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.27g (0.82%), Sugar: 2.2g (2.45%), Cholesterol: 8.2mg (2.73%), Sodium: 202.58mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin C: 16.66mg (20.19%), Vitamin B6: 0.22mg (11.05%), Vitamin B2: 0.18mg (10.3%), Manganese: 0.17mg (8.64%), Calcium: 83.52mg (8.35%), Phosphorus: 78.15mg (7.81%), Potassium: 264.25mg (7.55%), Folate: 30.08µg (7.52%), Vitamin A: 266.85IU (5.34%), Magnesium: 19.15mg (4.79%), Fiber: 1.08g (4.31%), Zinc: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.23%), Vitamin K: 3.17µg (3.02%), Copper: 0.05mg (2.65%), Vitamin B3: 0.49mg (2.43%), Iron: 0.41mg (2.28%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.17mg (1.71%), Vitamin B12: 0.08µg (1.27%)