



Yellow Squash, Tomato & Onion Packets

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- 0.3 cup basil fresh chopped
- 1 medium onion chopped
- 0.3 cup parmesan cheese shredded kraft
- 4 large plum tomatoes quartered
- 2 medium baby squash yellow cut into 1/4-inch-thick slices

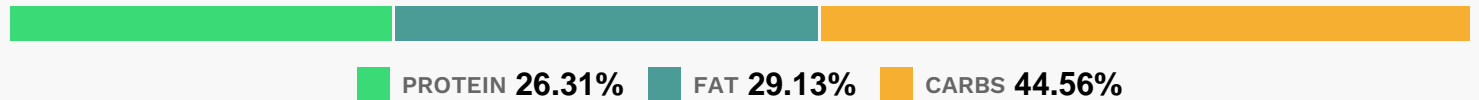
Equipment

- grill
- aluminum foil

Directions

- Preheat grill to medium-high heat.
- Place onions in center of (24x18-inch) sheet of foil; top with squash and tomatoes.
- Sprinkle with basil.
- Bring up foil sides. Double fold top and ends to seal, leaving room for heat circulation inside.
- Grill 15 min. or until vegetables are tender. Open top of packet; sprinkle vegetables with cheese.
- Let stand 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:8.9643478147362%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 70.85kcal (3.54%), Fat: 2.49g (3.83%), Saturated Fat: 1.44g (9%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.26g (2.28%), Sugar: 5.02g (5.58%), Cholesterol: 5.67mg (1.89%), Sodium: 139.72mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin C: 27.46mg (33.28%), Vitamin A: 857.22IU (17.14%), Vitamin B6: 0.31mg (15.31%), Manganese: 0.3mg (14.83%), Vitamin K: 14.31µg (13.63%), Potassium: 455.94mg (13.03%), Calcium: 128.55mg (12.85%), Phosphorus: 118.77mg (11.88%), Folate: 44.55µg (11.14%), Vitamin B2: 0.19mg (11.01%), Fiber: 2.31g (9.25%), Magnesium: 30.86mg (7.71%), Vitamin B1: 0.09mg (5.76%), Copper: 0.11mg (5.29%), Vitamin B3: 0.91mg (4.57%), Zinc: 0.68mg (4.52%), Iron: 0.68mg (3.8%), Vitamin E: 0.49mg (3.25%), Selenium: 2.21µg (3.16%), Vitamin B5: 0.28mg (2.82%), Vitamin B12: 0.1µg (1.67%)