



Yellow Squash, Tomato & Onion Packets

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

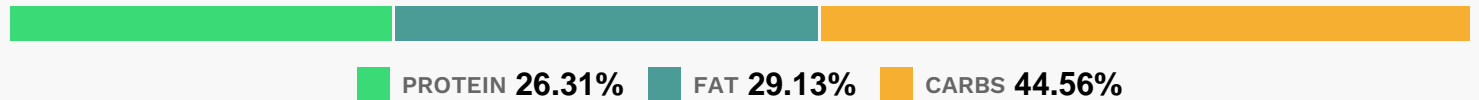
Equipment

- 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:7.76, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:1.433913036857%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 11.34kcal (0.57%), Fat: 0.4g (0.61%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1g (0.36%), Sugar: 0.8g (0.89%), Cholesterol: 0.91mg (0.3%), Sodium: 22.36mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin C: 4.39mg (5.33%), Vitamin A: 137.15IU (2.74%), Vitamin B6: 0.05mg (2.45%), Manganese: 0.05mg (2.37%), Vitamin K: 2.29µg (2.18%), Potassium: 72.95mg (2.08%), Calcium: 20.57mg (2.06%), Phosphorus: 19mg (1.9%), Folate: 7.13µg (1.78%), Vitamin B2: 0.03mg (1.76%), Fiber: 0.37g (1.48%), Magnesium: 4.94mg (1.23%)