



HEALTH SCORE

16%

Zucchini with Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



27 kcal

SIDE DISH

Ingredients

- 1 tablespoon cilantro leaves fresh minced
- 2 garlic clove minced
- 3 spring onion sliced
- 2 jalapeno minced seeded
- 1 medium onion diced
- 10 servings salt and pepper to taste
- 3 medium tomatoes diced
- 4 medium zucchini sliced

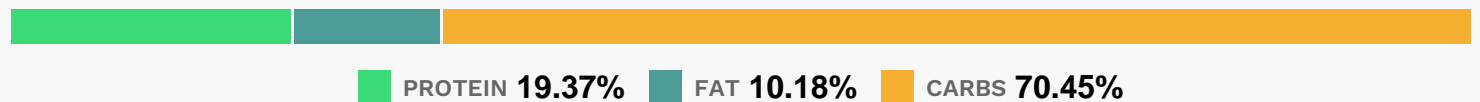
Equipment

- bowl
- grill
- aluminum foil

Directions

- Divide zucchini between two pieces of heavy-duty foil (about 20 in. x 18 in.). In a bowl, combine the remaining ingredients; spoon over zucchini. Fold foil around vegetables and seal tightly. Grill, covered, over indirect heat for 15–20 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:5.8960869195669%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 27.24kcal (1.36%), Fat: 0.36g (0.55%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.95g (1.44%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 203.13mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin C: 24.1mg (29.21%), Vitamin K: 14.43µg (13.75%), Manganese: 0.21mg (10.71%), Vitamin A: 533.23IU (10.66%), Vitamin B6: 0.19mg (9.6%), Potassium: 327.67mg (9.36%), Folate: 29.54µg (7.39%), Fiber: 1.6g (6.4%), Vitamin B2: 0.09mg (5.25%), Magnesium: 20.58mg (5.14%), Phosphorus: 44.84mg (4.48%), Vitamin B1: 0.06mg (3.89%), Copper: 0.07mg (3.7%), Vitamin B3: 0.64mg (3.22%), Vitamin E: 0.42mg (2.78%), Iron: 0.49mg (2.7%), Zinc: 0.36mg (2.39%), Calcium: 22.92mg (2.29%), Vitamin B5: 0.22mg (2.22%)