



## Balsamic Grilled Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



10

CALORIES



400 kcal

SIDE DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 1.5 cups balsamic vinegar
- 1 tablespoon pepper black freshly ground
- 1 tablespoons brown sugar
- 3 carrots sliced lengthwise
- 2 celery roots trimmed cut in 1/4-inch slices
- 1 teaspoon sea salt
- 2 tablespoons honey

- 10 servings oil for brushing grill
- 0.3 cup olive oil extra-virgin
- 3 large onions red cut into rounds, 3/4
- 1 tablespoon sea salt
- 4 crooked neck squash sliced lengthwise
- 2 zucchini sliced lengthwise (7 to 8-inch)

## Equipment

- frying pan
- grill
- aluminum foil

## Directions

- Watch how to make this recipe.
- In a medium saute pan over medium heat, add vinegar, sugar, and honey.
- Let simmer for 15 to 20 minutes or until reduced by half. Keep warm for glazing on grill.
- In a 1 gallon re-sealable bag, add the balsamic vinegar, olive oil, sea salt, pepper, and garlic and mix until combined. Next, add the carrots, celery root and onions, remove excess air. Allow to marinate for 30 minutes. Then add the zucchini and squash and allow to marinate for 10 more minutes.
- Preheat grill to medium-high.
- Brush grill with oil.
- Add onions, carrots and celery root. Cook on both sides for 3 to 5 minutes brushing with balsamic glaze. Mark and brown evenly on both sides.
- Remove to holding pan and cover with aluminum foil.
- Add squash and zucchini to grill, brush with glaze and cook for 2 minutes per side, until marked and evenly brown.
- Remove to holding pan, and cover until service.
- Drizzle veggies with remaining glaze and serve on a warm platter.

## Nutrition Facts

PROTEIN 4.24% FAT 42.89% CARBS 52.87%

## Properties

Glycemic Index:31.01, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:26.173043655313%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

## Nutrients (% of daily need)

Calories: 399.69kcal (19.98%), Fat: 19.94g (30.67%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 47.51g (17.28%), Sugar: 22.2g (24.67%), Cholesterol: 0mg (0%), Sodium: 745.77mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin A: 35065.46IU (701.31%), Vitamin C: 73.81mg (89.47%), Vitamin E: 7.75mg (51.68%), Manganese: 0.9mg (45.23%), Potassium: 1358.5mg (38.81%), Fiber: 7.78g (31.12%), Magnesium: 123.02mg (30.75%), Vitamin B6: 0.6mg (30.24%), Folate: 103.37µg (25.84%), Vitamin B1: 0.35mg (23.24%), Vitamin K: 24.09µg (22.95%), Vitamin B3: 4.04mg (20.18%), Calcium: 185.5mg (18.55%), Iron: 2.89mg (16.06%), Phosphorus: 143.89mg (14.39%), Copper: 0.29mg (14.31%), Vitamin B5: 1.41mg (14.05%), Vitamin B2: 0.12mg (7.3%), Zinc: 0.75mg (5.03%), Selenium: 1.94µg (2.78%)