



Balsamic Grilled Veggies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 1 pt cherry tomatoes
- 1 fennel bulb
- 0.3 cup basil fresh chopped
- 8 oz mushrooms fresh
- 2 teaspoons kosher or
- 2 tablespoons olive oil
- 1 teaspoon pepper

- 1 large onion red cut into 1-inch pieces
- 4 small baby squash yellow cut into 1-inch pieces
- 2 medium zucchini cut into 1-inch pieces

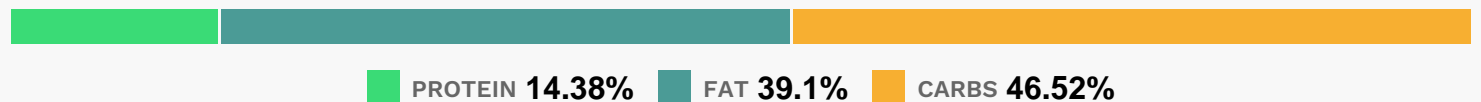
Equipment

- bowl
- grill
- wok

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Stir together olive oil and next 4 ingredients in a small bowl.
- Rinse fennel thoroughly. Trim and discard root end of fennel bulb. Trim stalks from bulb, reserving fronds for another use.
- Cut bulb in half vertically, and remove core.
- Cut bulb into 1/2-inch-thick slices.
- Toss fennel, onion, and mushrooms with half of olive oil mixture, and place in a grill wok or metal basket.
- Grill, covered with grill lid, 10 minutes over 350 to 400 (medium-high) heat. Toss tomatoes, zucchini, and yellow squash with remaining olive oil mixture.
- Add to grill wok or basket. Grill, covered with grill lid, stirring occasionally, 10 to 15 minutes or until vegetables are tender.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:2.44, Inflammation Score:-7, Nutrition Score:15.315652225329%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 110.29kcal (5.51%), Fat: 5.35g (8.22%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 10.25g (3.73%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 814.35mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Vitamin C: 50.06mg (60.68%), Vitamin K: 39.45µg (37.57%), Manganese: 0.51mg (25.58%), Potassium: 867.55mg (24.79%), Vitamin B2: 0.36mg (21.25%), Vitamin B6: 0.42mg (21.12%), Folate: 69.92µg (17.48%), Fiber: 4.07g (16.28%), Vitamin A: 780.84IU (15.62%), Copper: 0.3mg (14.83%), Vitamin B3: 2.75mg (13.73%), Phosphorus: 135.72mg (13.57%), Magnesium: 45.65mg (11.41%), Vitamin B5: 1.04mg (10.43%), Vitamin E: 1.53mg (10.21%), Iron: 1.68mg (9.34%), Vitamin B1: 0.14mg (9.28%), Selenium: 4.58µg (6.55%), Calcium: 59.88mg (5.99%), Zinc: 0.87mg (5.8%)