



1%
HEALTH SCORE

Bundle of Veggies

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 0.5 pound cherry tomatoes
- 0.5 pound mushrooms fresh
- 0.5 pound mushrooms fresh
- 0.1 teaspoon garlic powder
- 0.5 teaspoon seasoning italian
- 1 tablespoon olive oil
- 0.5 teaspoon onion powder

- 1 Dash pepper
- 0.5 teaspoon salt
- 1 cup zucchini sliced

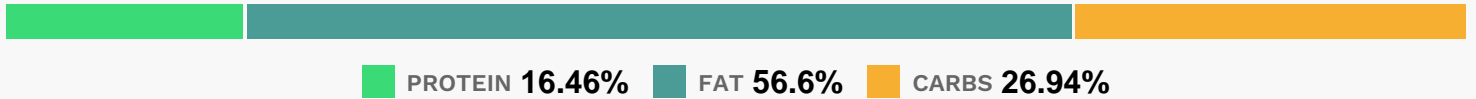
Equipment

- grill
- aluminum foil

Directions

- Place mushrooms, tomatoes and zucchini on a double thickness of heavy-duty foil (about 18 in. square).
- Combine the remaining ingredients; drizzle over vegetables. Fold the foil around vegetables and seal tightly.
- Grill, covered, over medium heat for 20–25 minutes or until tender. Carefully remove foil to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:7.2882609237795%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 65.56kcal (3.28%), Fat: 4.6g (7.08%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 3.59g (1.31%), Sugar: 2.98g (3.31%), Cholesterol: 5.02mg (1.67%), Sodium: 218.64mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin B2: 0.33mg (19.62%), Vitamin C: 13.95mg (16.91%), Vitamin B3: 3.03mg (15.17%), Copper: 0.28mg (14.12%), Vitamin B5: 1.23mg (12.29%), Potassium: 382.08mg (10.92%), Selenium: 7.33µg (10.47%), Phosphorus: 85.08mg (8.51%), Vitamin B6: 0.15mg (7.31%), Manganese: 0.13mg (6.28%), Folate: 23.33µg (5.83%), Vitamin A: 287.41IU (5.75%), Vitamin B1: 0.09mg (5.71%), Fiber: 1.33g (5.33%), Vitamin E: 0.67mg (4.44%), Iron: 0.8mg (4.44%), Vitamin K: 4.59µg (4.37%), Magnesium: 14.69mg (3.67%),

Zinc: 0.53mg (3.52%), Calcium: 13.86mg (1.39%), Vitamin D: 0.15µg (1.01%)