



Citrus-Herb Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- 2 eggplants cut lengthwise into 4 pieces
- 1 tablespoon parsley fresh chopped
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 4 cloves garlic crushed
- 6 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 1 cup olive oil

- 1 teaspoon oregano dried
- 1 teaspoon pepper
- 3 portabello mushrooms
- 2 bell peppers red stemmed seeded cut lengthwise into 4 pieces
- 2 teaspoons salt
- 1 large onion sweet such as vidalia, cut into quarters, each held together with a skewer
- 3 medium baby squash yellow cut lengthwise into 4 pieces
- 3 medium zucchini cut lengthwise into 4 pieces

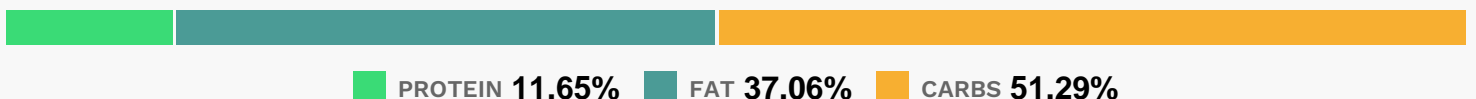
Equipment

- bowl
- whisk
- grill

Directions

- In a medium bowl, whisk together oil, salt, garlic, oregano, rosemary, thyme, parsley, pepper and lemon zest and juice. Put zucchini, squash, bell peppers and onion in a large ziplock bag and pour in half of marinade. Seal bag tightly and shake well to coat vegetables.
- Let stand for 3 hours at room temperature to marinate. Put eggplant and mushrooms in a separate large ziplock bag, pour in remaining marinade, seal bag tightly and shake well to coat vegetables.
- Let stand for 1 hour at room temperature.
- Preheat grill to medium. When heated, lightly oil grates. Grill onion, bell peppers and eggplant for 10 minutes, turning once.
- Add zucchini, squash and mushrooms; cook all vegetables 15 minutes longer, turning halfway through.
- Cut vegetables into smaller sizes, if desired. Arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:12.433912923155%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 90.76kcal (4.54%), Fat: 4.2g (6.46%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 8.5g (3.09%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 399.59mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 50.55mg (61.28%), Manganese: 0.47mg (23.38%), Vitamin B6: 0.4mg (19.85%), Fiber: 4.56g (18.26%), Vitamin A: 899.93IU (18%), Potassium: 605.4mg (17.3%), Folate: 67.06µg (16.76%), Vitamin K: 16.26µg (15.49%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 2.17mg (10.85%), Copper: 0.2mg (10.2%), Phosphorus: 94.45mg (9.44%), Magnesium: 35.45mg (8.86%), Vitamin E: 1.24mg (8.24%), Vitamin B1: 0.11mg (7.66%), Vitamin B5: 0.75mg (7.45%), Selenium: 4.66µg (6.65%), Iron: 1.01mg (5.61%), Zinc: 0.66mg (4.38%), Calcium: 39.33mg (3.93%)