



Easy Cajun Grilled Veggies

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- 1 teaspoon cajun spice
- 0.5 teaspoon cayenne pepper
- 0.3 cup olive oil light
- 0.5 teaspoon salt
- 2 large onions white sliced into 1/2-inch wedges
- 1 tablespoon worcestershire sauce
- 2 baby squash yellow cut into 1/2-inch slices
- 2 zucchinis cut into 1/2-inch slices

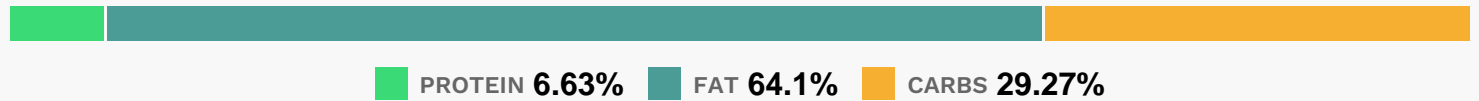
Equipment

- bowl
- grill
- skewers

Directions

- In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce.
- Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Place marinated vegetable pieces on skewers or directly on the grill. Cook 5 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:5.9617391099101%

Flavonoids

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 93.58kcal (4.68%), Fat: 7.09g (10.9%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.49g (2%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 179.71mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 20.25mg (24.55%), Vitamin B6: 0.24mg (12.01%), Manganese: 0.23mg (11.39%), Potassium: 336.33mg (9.61%), Folate: 33.52µg (8.38%), Vitamin E: 1.21mg (8.06%), Vitamin B2: 0.13mg (7.81%), Vitamin K: 8.11µg (7.73%), Vitamin A: 373.58IU (7.47%), Fiber: 1.79g (7.15%), Magnesium: 21.82mg (5.45%), Phosphorus: 50.54mg (5.05%), Vitamin B1: 0.07mg (4.37%), Copper: 0.07mg (3.61%), Iron:

0.65mg (3.59%), Vitamin B3: 0.55mg (2.77%), Calcium: 27mg (2.7%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.23mg (2.28%)