



## Easy Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 0.8 cup balsamic vinaigrette
- 12 cherry tomatoes
- 10 large mushrooms fresh
- 2 bell peppers green
- 1 tablespoon lemon pepper
- 0.3 teaspoon salt
- 2 baby squash yellow
- 2 zucchini

## Equipment

- whisk
- grill
- ziploc bags
- wok

## Directions

- Cut bell peppers in half, and remove seeds. Slice squash and zucchini into 1/4-inch-thick rounds.
- Place peppers, squash, zucchini, and mushrooms in a large shallow dish or large zip-top plastic bag.
- Whisk together vinaigrette, lemon pepper, and salt until blended.
- Pour over vegetables. Cover and chill at least 30 minutes.
- Remove vegetables from marinade, reserving marinade.
- Grill vegetables, covered with grill lid, over medium-high heat (350 to 400), basting with reserved marinade. Grill peppers 7 minutes on each side or until tender; grill squash and zucchini 3 minutes on each side or until tender. Grill mushrooms 5 minutes or until tender. Grill tomatoes in a grill wok or metal basket 2 to 3 minutes or until skins begin to split.

## Nutrition Facts

**PROTEIN 8.73%** **FAT 63.42%** **CARBS 27.85%**

## Properties

Glycemic Index:15.13, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:9.4008695483208%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 116.04kcal (5.8%), Fat: 8.56g (13.17%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 281.98mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 47.44mg (57.5%), Manganese: 0.34mg (17.24%), Vitamin B6: 0.31mg (15.28%), Vitamin B2: 0.25mg (14.5%), Potassium: 465.33mg (13.3%), Copper: 0.19mg (9.56%), Folate: 37.28µg (9.32%), Vitamin B3: 1.78mg (8.92%), Fiber: 2.19g (8.76%), Vitamin A: 434.87IU (8.7%), Phosphorus: 76.24mg (7.62%), Vitamin K: 7.72µg (7.35%), Vitamin B5: 0.68mg (6.79%), Magnesium: 26.29mg (6.57%), Vitamin B1: 0.1mg (6.39%), Iron: 0.84mg (4.69%), Selenium: 3.03µg (4.33%), Zinc: 0.53mg (3.55%), Calcium: 27.41mg (2.74%), Vitamin E: 0.38mg (2.54%)