



Easy Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 0.3 cup salad dressing italian
- 12 baby vegetables
- 6 servings pepper freshly ground
- 2 bell pepper green red cut into 6 pieces
- 1 large onion red cut into 1/2-inch slices

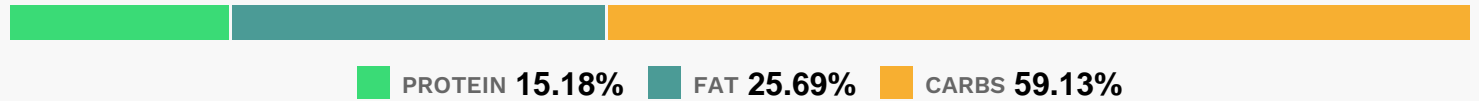
Equipment

- baking pan
- grill

Directions

- Place vegetables in rectangular baking dish, 13x9x2 inches.
- Pour dressing over vegetables. Cover and let stand 1 hour to blend flavors.
- Heat coals or gas grill for direct heat.
- Remove vegetables from marinade; reserve marinade.
- Place vegetables in grill basket or directly on grill rack.
- Cover and grill vegetables 4 to 5 inches from medium heat 10 to 15 minutes, turning and brushing vegetables with marinade 2 or 3 times, until crisp-tender.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:16.874782686648%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 108.05kcal (5.4%), Fat: 3.52g (5.42%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 13.16g (4.79%), Sugar: 11.27g (12.52%), Cholesterol: 0mg (0%), Sodium: 134.99mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin C: 94.5mg (114.55%), Manganese: 0.62mg (31.13%), Folate: 109.47µg (27.37%), Vitamin B6: 0.49mg (24.5%), Magnesium: 84.82mg (21.21%), Potassium: 727.28mg (20.78%), Vitamin K: 21.7µg (20.67%), Fiber: 5.09g (20.37%), Copper: 0.38mg (19.2%), Vitamin B1: 0.27mg (18.12%), Vitamin A: 890.18IU (17.8%), Phosphorus: 137.77mg (13.78%), Vitamin B3: 2.27mg (11.35%), Iron: 1.58mg (8.76%), Calcium: 74.92mg (7.49%), Zinc: 1.08mg (7.19%), Vitamin B2: 0.12mg (6.96%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.41mg (4.1%), Selenium: 1.04µg (1.48%)