



Easy Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

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

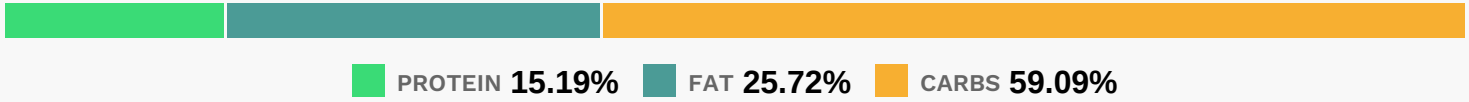
Equipment

- ☐ 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:0.5, Inflammation Score:-8, Nutrition Score:16.829565400663%

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: 107.84kcal (5.39%), Fat: 3.52g (5.42%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 13.13g (4.77%), Sugar: 11.27g (12.52%), Cholesterol: 0mg (0%), Sodium: 134.97mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin C: 94.5mg (114.55%), Manganese: 0.61mg (30.6%), Folate: 109.45µg (27.36%), Vitamin B6: 0.49mg (24.49%), Magnesium: 84.68mg (21.17%), Potassium: 726.17mg (20.75%), Vitamin K: 21.57µg (20.54%), Fiber: 5.07g (20.28%), Copper: 0.38mg (19.14%), Vitamin B1: 0.27mg (18.11%), Vitamin A: 889.72IU (17.79%), Phosphorus: 137.63mg (13.76%), Vitamin B3: 2.27mg (11.34%), Iron: 1.57mg (8.72%), Calcium: 74.55mg (7.46%), Zinc: 1.08mg (7.19%), Vitamin B2: 0.12mg (6.95%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.41mg (4.09%), Selenium: 1.03µg (1.48%)