



Easy Grilled Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 pints cherry tomatoes
- ☐ 1 large bell pepper green cut into 2-inch pieces
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 tablespoons olive oil
- ☐ 1 large bell pepper red cut into 2-inch pieces
- ☐ 1 large onion red quartered
- ☐ 1 teaspoon salt
- ☐ 6 shallots halved

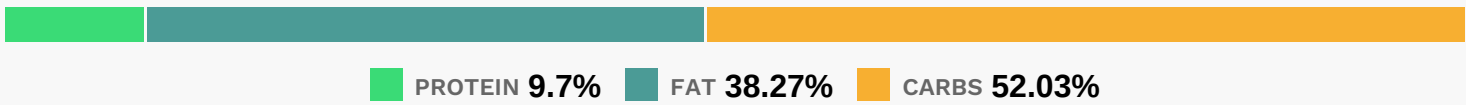
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Drizzle with oil, and sprinkle with salt and pepper, tossing to coat.
- ☐ Grill vegetable mixture in a metal basket or grill wok coated with cooking spray, covered with grill lid, over medium-high heat (350 to 400
- ☐ degrees F) for 10 to 15 minutes or until vegetables are crisp-tender, stirring occasionally.
- ☐ Remove vegetables from basket; add tomatoes to basket, and grill, covered with grill lid, 1 to 2 minutes or until tomato skins begin to burst.
- ☐ Note: If you don't have a grill wok or basket, place a 24-inch piece of heavy-duty aluminum foil on grill cooking grate. Make several 1-inch slits evenly in foil. Arrange vegetables on foil. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:13.136521795522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 108.39kcal (5.42%), Fat: 5.02g (7.73%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 12.03g (4.37%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 410.74mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin C: 96.28mg (116.7%), Vitamin A: 1731.41IU (34.63%), Vitamin B6: 0.37mg (18.73%), Manganese: 0.37mg (18.49%), Potassium: 564.17mg (16.12%), Vitamin E: 2.11mg (14.04%), Fiber: 3.34g (13.35%), Folate: 47.85µg (11.96%), Vitamin K: 11.41µg (10.86%), Iron: 1.68mg (9.35%), Copper: 0.17mg (8.74%), Phosphorus: 77.58mg (7.76%), Vitamin B1: 0.11mg (7.39%), Magnesium: 27.87mg (6.97%), Vitamin B3: 1.31mg (6.56%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.42mg (4.17%), Calcium: 37.23mg (3.72%), Zinc: 0.46mg (3.07%), Selenium: 1.23µg (1.75%)