



Easy Vegetable Kabobs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 small onion red cut into 1 1/2-inch pieces
- ☐ 8 small mushroom caps
- ☐ 1 medium size bell pepper yellow cut into 1/2- to 3/4-inch pieces
- ☐ 2 small zucchini cut into 8 slices

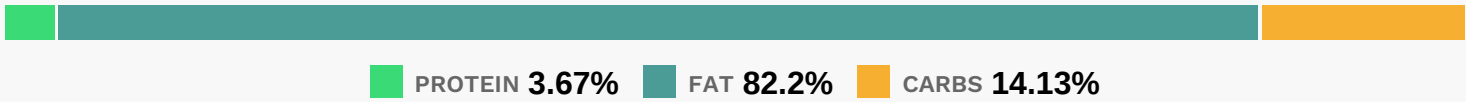
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Thread vegetables evenly onto 12-inch skewers.
- ☐ Stir together melted butter, basil, and garlic powder; reserve 1/4 cup butter mixture, and set aside.
- ☐ Coat food rack with cooking spray; place on grill over medium-high heat.
- ☐ Place vegetables on rack.
- ☐ Grill, covered with grill lid, 20 to 25 minutes or until vegetables are tender, turning and basting with remaining butter mixture every 5 minutes.
- ☐ Serve with reserved butter mixture. Prep: 20 min., Grill: 25 min.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:10.075217235347%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 245.2kcal (12.26%), Fat: 23.27g (35.79%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 276.98mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin C: 67.34mg (81.63%), Vitamin A: 1219.4IU (24.39%), Vitamin B6: 0.28mg (13.85%), Manganese: 0.25mg (12.61%), Potassium: 364.67mg (10.42%), Vitamin B2: 0.14mg (8.41%), Fiber: 2.1g (8.4%), Vitamin B3: 1.67mg (8.33%), Folate: 31.74µg (7.93%), Phosphorus: 78.81mg (7.88%), Vitamin B5: 0.65mg (6.55%), Vitamin E: 0.96mg (6.43%), Magnesium: 24.29mg (6.07%), Copper: 0.12mg (5.98%), Vitamin K: 4.72µg (4.5%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.06mg (3.87%), Iron: 0.59mg (3.26%), Selenium: 2.12µg (3.03%), Calcium: 29.59mg (2.96%)