



Great Grilled Smoky Vegetables with Avocado and Goat Cheese Crumbles

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

- 1 avocado pitted cubed peeled
- 2 tablespoons balsamic vinegar
- 6 servings pepper black freshly ground to taste
- 1 pinch cayenne pepper to taste
- 2 tablespoons basil fresh finely chopped
- 2 cloves garlic minced
- 0.5 cup goat cheese crumbled

- 2 tablespoons grill seasoning
- 2 juice of lime juiced
- 0.5 cup olive oil
- 6 portobello mushroom caps
- 4 bell peppers red cored quartered
- 1 onion red sliced
- 6 servings salt to taste

Equipment

- bowl
- whisk
- baking pan
- grill

Directions

- Place mushrooms, red bell peppers, and red onion in a 9x13-inch baking dish.
- Whisk olive oil, lime juice, grill seasoning, garlic, and cayenne pepper in a small bowl; pour over vegetables. Toss to coat and allow vegetables to marinate for at least 30 minutes.
- Preheat grill for medium heat and lightly oil the grate.
- Remove vegetables from the marinade, and shake off excess. Reserve remaining marinade.
- Grill vegetables on preheated grill until tender, about 5 minutes.
- Transfer grilled vegetables to a large platter.
- Whisk remaining marinade with balsamic vinegar; pour over vegetables. Top with avocado and goat cheese, then season with salt and pepper.
- Sprinkle with basil to serve.

Nutrition Facts

 PROTEIN 13.75%  FAT 56.46%  CARBS 29.79%

Properties

Glycemic Index:52.17, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:21.123478101647%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 195.04kcal (9.75%), Fat: 13.19g (20.29%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 10.09g (3.67%), Sugar: 7.62g (8.47%), Cholesterol: 8.7mg (2.9%), Sodium: 279.3mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Vitamin C: 109.86mg (133.16%), Vitamin A: 2811.44IU (56.23%), Vitamin B6: 0.55mg (27.3%), Vitamin B3: 5.31mg (26.53%), Vitamin K: 27.26µg (25.96%), Copper: 0.49mg (24.27%), Folate: 96.26µg (24.06%), Selenium: 16.72µg (23.88%), Fiber: 5.57g (22.27%), Potassium: 701.82mg (20.05%), Phosphorus: 189.31mg (18.93%), Manganese: 0.38mg (18.76%), Vitamin B5: 1.85mg (18.47%), Vitamin B2: 0.3mg (17.82%), Vitamin E: 2.57mg (17.14%), Iron: 1.77mg (9.85%), Vitamin B1: 0.14mg (9.66%), Zinc: 1.14mg (7.58%), Magnesium: 29.4mg (7.35%), Calcium: 62.53mg (6.25%), Vitamin D: 0.33µg (2.18%), Vitamin B12: 0.08µg (1.3%)