



Griddled glazed vegetable kebabs



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp clear honey
- ☐ 1 tsp coarse mustard
- ☐ 2 tbsp cooking oil
- ☐ 1 zucchini sliced
- ☐ 1 small eggplant cut into chunks
- ☐ 1 small onion red cut into wedges
- ☐ 8 cherry tomatoes
- ☐ 1 and orange peppers cut into chunks

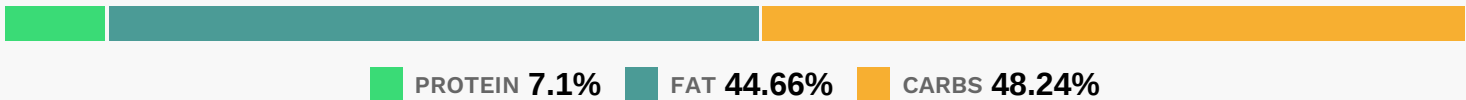
Equipment

- ☐ oven
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 4 wooden skewers in water for 30 mins (this stops them burning.)
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Blend the honey, mustard and oil with seasoning.
- ☐ To assemble, thread veg onto skewers and brush with glaze. Cook for 25–30 mins in the oven or on the barbecue, brushing with any remaining glaze before serving.

Nutrition Facts



Properties

Glycemic Index:47.07, Glycemic Load:4.35, Inflammation Score:-8, Nutrition Score:12.29999983829%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 140.41kcal (7.02%), Fat: 7.56g (11.63%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 13.06g (4.75%), Sugar: 12.86g (14.29%), Cholesterol: 0mg (0%), Sodium: 26.2mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin C: 59.19mg (71.74%), Vitamin A: 1223.51IU (24.47%), Manganese: 0.47mg (23.31%), Fiber: 5.32g (21.28%), Potassium: 571.74mg (16.34%), Vitamin B6: 0.32mg (16.23%), Vitamin E: 2.3mg (15.32%), Folate: 60.47µg (15.12%), Vitamin K: 13.64µg (12.99%), Magnesium: 34.94mg (8.73%), Copper: 0.16mg (8.14%), Vitamin B2: 0.13mg (7.73%), Vitamin B3: 1.48mg (7.41%), Vitamin B1: 0.11mg (7.33%), Phosphorus: 72.89mg (7.29%), Vitamin B5: 0.6mg (6.01%), Iron: 0.9mg (5.02%), Zinc: 0.53mg (3.52%), Calcium: 31.4mg (3.14%), Selenium: 1.25µg (1.78%)