



Grilled Antipasto Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds asparagus
- ☐ 0.3 cup chile-garlic vinaigrette
- ☐ 2 teaspoons olive oil
- ☐ 24 inch portobello caps
- ☐ 4 bell peppers red halved seeded
- ☐ 4 onions red peeled cut into 6 wedges

Equipment

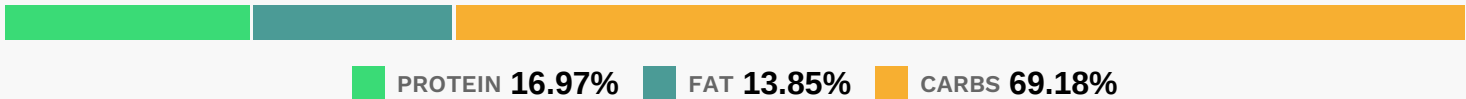
- ☐ bowl

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Coat bell peppers and onions with cooking spray.
- ☐ Place bell peppers and onions on grill rack coated with cooking spray; grill 15 minutes or until peppers are blackened, turning occasionally.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes.
- ☐ Chop onions into 1-inch pieces; place in a large bowl. Peel and slice peppers into 1/2-inch strips; add to onions.
- ☐ Combine the oil, mushrooms, and asparagus; toss well to coat.
- ☐ Place mushrooms and asparagus on grill rack; grill 3 minutes on each side or until tender.
- ☐ Chop mushrooms into 1-inch pieces; add to onion mixture. Slice asparagus diagonally into 1 1/2-inch pieces; add to onion mixture.
- ☐ Drizzle 1/3 cup Chile-Garlic Vinaigrette over mixture; toss to coat.
- ☐ Note: Store cooked vegetables in refrigerator for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:13.419565155616%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.75mg, Quercetin: 19.75mg, Quercetin: 19.75mg, Quercetin: 19.75mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 1.02g (1.56%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 7.73g (2.81%), Sugar: 6.45g (7.16%), Cholesterol: 0mg (0%), Sodium: 357.72mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin C: 62.97mg (76.32%), Vitamin A: 1979.15IU (39.58%), Vitamin K: 37.03µg (35.26%), Folate: 71.94µg (17.99%), Fiber: 3.68g (14.73%), Vitamin B6: 0.26mg (12.86%), Manganese: 0.23mg (11.71%), Vitamin E: 1.73mg (11.53%), Iron: 2.06mg (11.42%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.17mg (10.06%), Copper: 0.19mg (9.73%), Potassium: 336.48mg (9.61%), Vitamin B3: 1.53mg (7.63%), Phosphorus: 71.72mg (7.17%), Magnesium: 20.74mg (5.18%), Vitamin B5: 0.48mg (4.76%), Selenium: 3.17µg (4.53%), Zinc: 0.65mg (4.34%), Calcium: 32.2mg (3.22%)