



Grilled Baby Carrots and Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



70 kcal

SIDE DISH

Ingredients

- 0.5 cup baby carrots
- 1 cup green beans fresh
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon garlic
- 0.5 medium onion red cut into 1/2-inch wedges
- 1 Dash salt
- 1.5 teaspoons vegetable oil

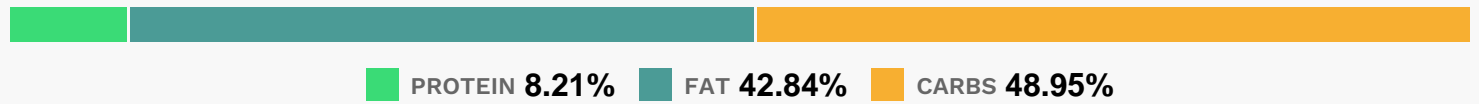
Equipment

- bowl
- grill
- wok

Directions

- Heat gas or charcoal grill. In medium bowl, toss all ingredients except onion.
- Place in grill basket (grill "wok"). Reserve oil mixture in bowl.
- Cover and grill vegetables over medium heat 10 minutes.
- Add onion to oil mixture in bowl; toss to coat.
- Add onion to grill basket. Cover and grill 8 to 10 minutes longer, shaking basket or stirring vegetables occasionally, until all vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:9.8391302875851%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 69.68kcal (3.48%), Fat: 3.57g (5.49%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.49g (4.98%), Cholesterol: 0mg (0%), Sodium: 48.81mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin A: 4793.89IU (95.88%), Vitamin K: 33.06µg (31.48%), Vitamin C: 9.7mg (11.76%), Fiber: 2.89g (11.57%), Manganese: 0.21mg (10.48%), Folate: 32.06µg (8.02%), Vitamin B6: 0.15mg (7.45%), Potassium: 233.74mg (6.68%), Iron: 0.93mg (5.15%), Magnesium: 19.84mg (4.96%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.08mg (4.51%), Copper: 0.08mg (4.1%), Phosphorus: 38.45mg (3.84%), Calcium: 37.85mg (3.79%), Vitamin E: 0.51mg (3.38%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.24mg (1.59%), Selenium: 0.81µg (1.16%)