



Grilled Balsamic Peppers and Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 medium bell pepper green cut into 3x1/2-inch strips
- ☐ 0.5 medium onion red thinly sliced
- ☐ 0.3 cup balsamic vinaigrette salad dressing
- ☐ 4 oz portabello mushrooms sliced

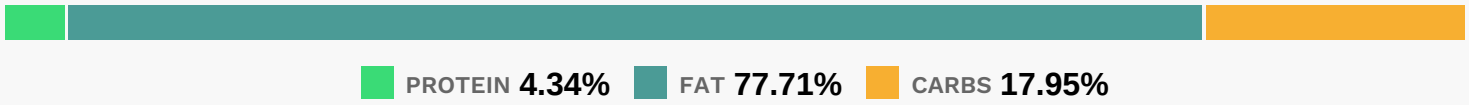
Equipment

- ☐ bowl
- ☐ grill
- ☐ tongs

Directions

- ☐
- Heat closed contact grill for 5 minutes.
- ☐
- Meanwhile, in large bowl, combine bell pepper, onion and salad dressing; toss to coat.
- ☐
- When grill is heated, with tongs, remove bell pepper and onion from dressing; place on bottom grill surface. Reserve remaining dressing in bowl. Close grill; cook 4 minutes.
- ☐
- Add mushrooms to reserved dressing; toss to coat. With tongs, add mushrooms to vegetables on grill. Close grill; cook 3 to 4 minutes or until all vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.0721739264934%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 87.84kcal (4.39%), Fat: 7.99g (12.29%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.04g (1.11%), Sugar: 2.4g (2.66%), Cholesterol: 0mg (0%), Sodium: 4.15mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin C: 24.94mg (30.23%), Vitamin K: 17.69µg (16.85%), Selenium: 5.59µg (7.99%), Vitamin B3: 1.43mg (7.16%), Vitamin B6: 0.13mg (6.25%), Vitamin E: 0.84mg (5.59%), Copper: 0.11mg (5.3%), Potassium: 176.58mg (5.05%), Fiber: 1.11g (4.43%), Phosphorus: 40.56mg (4.06%), Vitamin B5: 0.37mg (3.7%), Manganese: 0.07mg (3.68%), Folate: 13.53µg (3.38%), Vitamin B2: 0.05mg (2.88%), Vitamin B1: 0.04mg (2.67%), Vitamin A: 110.35IU (2.21%), Zinc: 0.21mg (1.42%), Iron: 0.22mg (1.21%), Magnesium: 4.35mg (1.09%)