



Grilled Balsamic Vegetables

 Gluten Free

READY IN



25 min.

SERVINGS



7

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 0.8 lb eggplant cut into 1-inch pieces
- ☐ 3 tablespoons basil fresh sliced
- ☐ 2 tablespoons parmesan shredded finely
- ☐ 1 medium bell pepper red cut into strips
- ☐ 0.5 medium onion red cut into 1/2-inch wedges
- ☐ 0.5 cup balsamic vinaigrette
- ☐ 1 slices to 3 sized squashes yellow

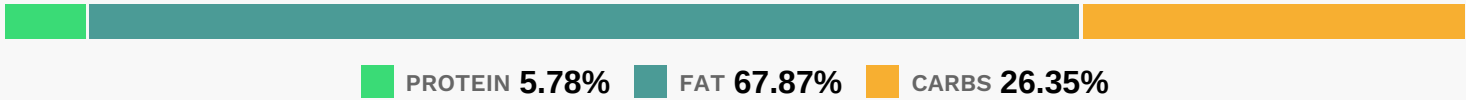
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ In large nonmetal dish or resealable food-storage plastic bag, mix vegetables and dressing; turn to coat.
- ☐ Heat gas or charcoal grill.
- ☐ Remove vegetables from marinade.
- ☐ Place vegetables in grill basket (grill wok).
- ☐ Place on grill over medium-high heat. Cover grill; cook 10 to 15 minutes, stirring occasionally, until crisp-tender.
- ☐ Sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:4.5465217551783%

Flavonoids

Delphinidin: 41.64mg, Delphinidin: 41.64mg, Delphinidin: 41.64mg, Delphinidin: 41.64mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 87.55kcal (4.38%), Fat: 6.7g (10.32%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.37g (3.74%), Cholesterol: 0.97mg (0.32%), Sodium: 176.63mg (7.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin C: 23.81mg (28.85%), Vitamin A: 602.8IU (12.06%), Fiber: 1.98g (7.91%), Manganese: 0.15mg (7.73%), Vitamin K: 6.19µg (5.89%), Vitamin B6: 0.11mg (5.27%), Folate: 21.1µg (5.27%), Potassium: 166.18mg (4.75%), Phosphorus: 29.29mg (2.93%), Vitamin E: 0.43mg (2.85%), Calcium: 27.7mg (2.77%), Magnesium: 11.05mg (2.76%), Vitamin B3: 0.51mg (2.55%), Copper: 0.05mg (2.49%), Vitamin B2: 0.04mg (2.47%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.21mg (2.11%), Iron: 0.25mg (1.36%), Zinc: 0.18mg (1.23%)