



Grilled Balsamic Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 4 medium size beets fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 small eggplant
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 large bell peppers red
- ☐ 1 large onion red
- ☐ 0.5 teaspoon salt

☐ 2 small zucchini

Equipment

☐ bowl

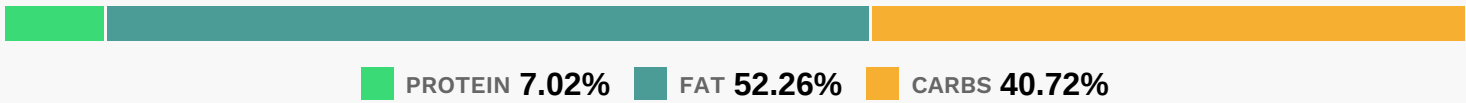
☐ whisk

☐ grill

Directions

- ☐ Trim stems from beets to 1 inch; cut into quarters.
- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Cut off ends of zucchini and eggplant; cut each lengthwise into 4 slices.
- ☐ Cut eggplant slices lengthwise into 1 1/2-inch strips.
- ☐ Cut onion into 3/4-inch-thick rounds.
- ☐ Whisk together olive oil and vinegar in a large bowl.
- ☐ Add vegetables, and sprinkle evenly with salt and pepper; toss to coat.
- ☐ Grill vegetables, covered with grill lid, over medium-high heat (350 to 400). Grill beets 6 minutes on each side (we grilled on 3 sides) or until tender; grill onion, zucchini, eggplant, and bell peppers 4 to 6 minutes on each side or until crisp-tender. Cool beets slightly, and, if desired, peel.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:11.274782458077%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 115.74kcal (5.79%), Fat: 7.16g (11.01%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 8.26g (3.01%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 183.87mg (7.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin C: 62.05mg (75.21%), Vitamin A: 1370.37IU (27.41%), Folate: 85.86µg (21.46%), Manganese: 0.4mg (20.19%), Fiber: 4.29g (17.15%), Vitamin B6: 0.26mg (12.99%), Potassium: 453.05mg (12.94%), Vitamin E: 1.85mg (12.32%), Vitamin K: 9.69µg (9.23%), Magnesium: 29.63mg (7.41%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 56.76mg (5.68%), Copper: 0.11mg (5.38%), Vitamin B3: 1.06mg (5.3%), Vitamin B1: 0.08mg (5.13%), Iron: 0.85mg (4.7%), Vitamin B5: 0.43mg (4.33%), Zinc: 0.46mg (3.06%), Calcium: 23.99mg (2.4%)