



## Grilled Bell Peppers, Onion and Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

### Ingredients

- 2 tablespoons olive oil
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon basil dried
- 8 mushrooms fresh whole ()
- 1 medium onion thick cut into wedges
- 1 bell pepper green quartered
- 1 bell pepper red quartered

### Equipment

bowl

grill

## Directions

- Heat grill. In large bowl, combine oil, peppered seasoned salt and basil; mix well.
- Add vegetables; toss to coat.
- When ready to grill, place onion and bell peppers in grill basket or directly on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium coals. Cook 6 minutes.
- Add mushrooms to grill basket; cook 6 to 10 minutes or until vegetables are crisp-tender, turning occasionally.

## Nutrition Facts

 **PROTEIN 8.25%** **FAT 64.06%** **CARBS 27.69%**

## Properties

Glycemic Index:25.25, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:9.8904348261978%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Nutrients (% of daily need)

Calories: 95.66kcal (4.78%), Fat: 7.31g (11.24%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 296.1mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 64.88mg (78.64%), Vitamin A: 1043.03IU (20.86%), Vitamin B2: 0.2mg (11.96%), Vitamin B6: 0.23mg (11.47%), Vitamin E: 1.61mg (10.74%), Vitamin K: 10.13µg (9.64%), Vitamin B3: 1.92mg (9.58%), Copper: 0.17mg (8.27%), Fiber: 2.05g (8.18%), Potassium: 285.6mg (8.16%), Vitamin B5: 0.76mg (7.57%), Folate: 29.07µg (7.27%), Manganese: 0.14mg (6.84%), Phosphorus: 56.4mg (5.64%), Selenium: 3.89µg (5.56%), Vitamin B1: 0.08mg (5.21%), Iron: 0.64mg (3.56%), Magnesium: 13.79mg (3.45%), Zinc: 0.38mg (2.52%), Calcium: 15.63mg (1.56%)