



Grilled Cauliflower, Carrot and Basil Foil Packs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- 3 cups cauliflower florets
- 1 cup baby carrots
- 1 small onion red cut into thin wedges
- 2 tablespoons vegetable oil
- 0.5 teaspoon garlic
- 0.5 teaspoon salt
- 0.3 cup olives ripe sliced
- 2 tablespoons basil fresh chopped

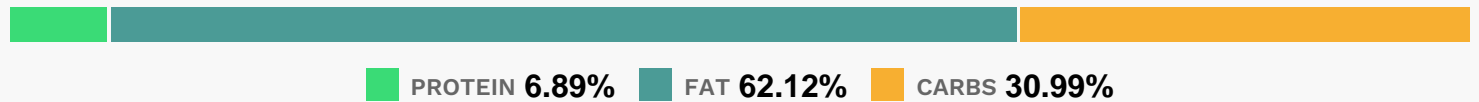
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Cut 18x18-inch piece of heavy-duty aluminum foil. Spray with cooking spray.
- Place cauliflowerets, carrots and onion on center of foil.
- Drizzle with oil; sprinkle with garlic pepper and salt. Stir gently to mix.
- Fold foil over vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packet 4 to 6 inches from medium heat 13 to 18 minutes or until vegetables are tender.
- Place packet on serving platter.
- Cut large X across top of packet; unfold foil. Gently stir in olives and basil.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:12.021304368973%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 114.09kcal (5.7%), Fat: 8.38g (12.89%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.21g (2.26%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 470.97mg (20.48%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin A: 4499.29IU (89.99%), Vitamin C: 39.31mg (47.65%), Vitamin K: 31.52µg (30.02%), Folate: 57.56µg (14.39%), Fiber: 3.2g (12.79%), Manganese: 0.22mg (10.93%), Vitamin B6: 0.21mg (10.67%), Potassium: 348.3mg (9.95%), Vitamin B5: 0.67mg (6.69%), Vitamin E: 0.95mg (6.34%), Phosphorus: 51.41mg (5.14%), Magnesium: 18.87mg (4.72%), Copper: 0.09mg (4.36%), Vitamin B1: 0.06mg (4.17%), Iron: 0.74mg (4.12%), Calcium: 40.08mg (4.01%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.32mg (2.13%), Selenium: 1.01µg (1.44%)