



Grilled Dijon Mixed Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp grey poupon dijon mustard
- 1 small onion red cut into thin wedges
- 0.3 cup sun tomato vinaigrette dressing dried divided kraft
- 2 pasilla peppers red yellow cut lengthwise into 1-inch-wide strips
- 2 slices zucchini and squash yellow

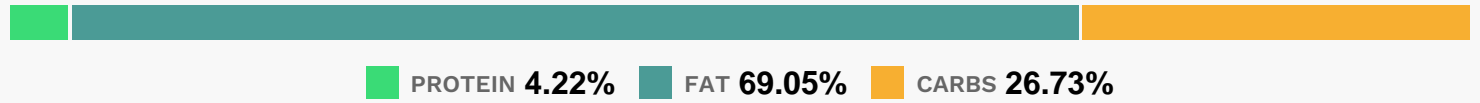
Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Toss vegetables with 2 Tbsp. dressing in large bowl.
- Grill 8 to 10 min. or until crisp-tender, turning occasionally.
- Mix remaining dressing and mustard in same bowl.
- Add vegetables; toss to coat.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.4926086942787%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 16.06kcal (0.8%), Fat: 1.3g (2%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 7.06mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 17.94mg (21.75%), Vitamin K: 2.53µg (2.41%), Vitamin B6: 0.02mg (1.15%), Manganese: 0.02mg (1.04%)