



Grilled Garden Vegetable Medley Foil Pack

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

Ingredients

- 2 medium yukon gold potatoes cut into 1/8-inch slices
- 1.5 cups baby carrots
- 4 ounces green beans
- 2 tablespoons butter melted
- 0.5 teaspoon salt
- 0.3 teaspoon oregano dried
- 0.3 teaspoon garlic
- 0.3 teaspoon ground cumin

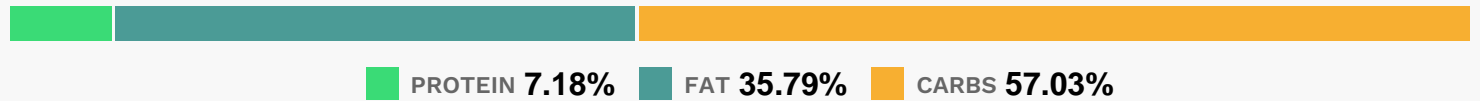
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray 24x18-inch piece of heavy-duty aluminum foil with cooking spray.
- Toss all ingredients in large bowl. Spoon mixture onto foil. 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 20 to 25 minutes, turning packet over after 10 minutes, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:12.311304283855%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 142.45kcal (7.12%), Fat: 5.87g (9.03%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 16.95g (6.16%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 401.21mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin A: 7070.63IU (141.41%), Vitamin C: 21.54mg (26.11%), Vitamin K: 19.1µg (18.19%), Vitamin B6: 0.35mg (17.3%), Fiber: 4.1g (16.39%), Potassium: 538.99mg (15.4%), Manganese: 0.28mg (13.9%), Folate: 36.3µg (9.07%), Iron: 1.52mg (8.43%), Magnesium: 32.5mg (8.12%), Copper: 0.16mg (8.1%), Phosphorus: 75.37mg (7.54%), Vitamin B1: 0.11mg (7.18%), Vitamin B3: 1.39mg (6.93%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.08mg (4.58%), Calcium: 41.83mg (4.18%), Zinc: 0.41mg (2.72%), Vitamin E: 0.37mg (2.46%), Selenium: 0.9µg (1.28%)