



Grilled Halloumi and Vegetable Kebabs

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 24 crimini mushrooms small to medium
- 1 pound eggplant
- 2 medium garlic clove coarsely chopped
- 1 pound halloumi cheese
- 4 servings kosher salt
- 14 ounce marinated artichoke drained
- 4 servings olive oil for oiling the grill

- 1 tablespoon oregano fresh coarsely chopped
- 2 medium bell pepper red
- 1 pound roma tomatoes (4 medium tomatoes)

Equipment

- bowl
- baking sheet
- blender
- grill
- skewers

Directions

- For the sauce:Core the tomatoes, coarsely chop, and place in a blender.
- Add the remaining ingredients and blend until smooth.
- Transfer 1 cup of the sauce to a small serving bowl and set aside for serving. Divide the remaining sauce between 2 large bowls; set aside.For the skewers:Trim and cut the eggplant into 1-inch chunks and place in one of the large bowls of sauce. Trim the stems from the mushrooms, add them to the bowl with the eggplant, and toss to combine; set aside.Core and seed the bell peppers, cut into 1-inch pieces, and place in the second large bowl of sauce.
- Cut the cheese into 24 pieces, add to the bowl with the peppers, and toss to combine; set aside.
- Heat a gas or charcoal grill to medium high (about 375°F to 425°F). Meanwhile, thread the vegetables and cheese onto the skewers (alternating each ingredient), leaving about 1/8 inch of space between each piece.
- Place on a baking sheet and season generously with salt and pepper.When the grill is ready, rub the grates with a towel dipped in oil.
- Place the skewers on the grill. Close the grill and cook, turning the skewers every 3 minutes, until all sides are lightly charred on the edges and the vegetables are crisp-tender, about 15 to 20 minutes total.
- Transfer the skewers to a serving platter and serve with the reserved sauce.

Nutrition Facts



■ PROTEIN 18.19% ■ FAT 66.32% ■ CARBS 15.49%

Properties

Glycemic Index:41.75, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:33.038260617982%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 686.54kcal (34.33%), Fat: 51.62g (79.41%), Saturated Fat: 22.35g (139.66%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.17g (14.64%), Cholesterol: 0mg (0%), Sodium: 1950mg (84.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.71%), Vitamin C: 115.52mg (140.03%), Calcium: 1224.52mg (122.45%), Vitamin A: 3847.81IU (76.96%), Selenium: 31.87µg (45.53%), Vitamin B2: 0.71mg (41.79%), Copper: 0.78mg (39.14%), Fiber: 9.42g (37.67%), Manganese: 0.73mg (36.51%), Potassium: 1214.85mg (34.71%), Vitamin B3: 6.62mg (33.11%), Vitamin K: 32.23µg (30.7%), Vitamin E: 4.15mg (27.67%), Vitamin B6: 0.52mg (26.15%), Folate: 102.35µg (25.59%), Vitamin B5: 2.43mg (24.3%), Phosphorus: 218.2mg (21.82%), Vitamin B1: 0.24mg (15.84%), Iron: 2.59mg (14.4%), Zinc: 1.9mg (12.64%), Magnesium: 50.22mg (12.55%), Vitamin B12: 0.12µg (2%)