



Grilled Marinated Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce baby portobello mushrooms fresh halved
- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 small bell pepper green cut into thin strips
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion red thinly sliced
- ☐ 4 servings salt and pepper black to taste

☐ 1 small bell pepper red yellow cut in thin strips

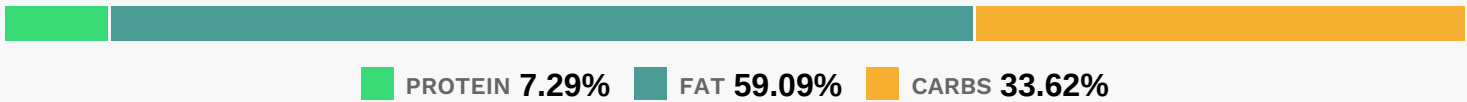
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to medium-high (400 degrees to 450 degrees F).
- ☐ Combine vegetables, basil, vinegar, oil, garlic, salt and pepper in a large bowl; marinate at room temperature 15 to 20 minutes. Stack 2 sheets of Reynolds Wrap® 18-inch Wide Heavy Duty Aluminum Foil on a cookie sheet or tray. Turn up sides of foil to form a rim.
- ☐ Place vegetables in an even layer on foil. Slide foil from cookie sheet onto grill.
- ☐ Grill 8 to 10 minutes in covered grill, turning frequently, until vegetables are crisp-tender. Slide foil from grill onto a cookie sheet for transporting to serving table.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:1.79, Inflammation Score:-5, Nutrition Score:8.8426086112209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 107.07kcal (5.35%), Fat: 7.31g (11.25%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.62g (2.77%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 204.11mg (8.87%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 51.5mg (62.43%), Selenium: 10.96µg (15.65%),

Vitamin B3: 2.85mg (14.26%), Copper: 0.22mg (10.82%), Vitamin B6: 0.21mg (10.48%), Potassium: 340.64mg (9.73%), Vitamin K: 9.87µg (9.4%), Manganese: 0.17mg (8.58%), Phosphorus: 82.49mg (8.25%), Vitamin B5: 0.74mg (7.41%), Vitamin E: 1.1mg (7.35%), Folate: 28.49µg (7.12%), Fiber: 1.73g (6.93%), Vitamin B2: 0.09mg (5.49%), Vitamin B1: 0.07mg (4.34%), Vitamin A: 158.88IU (3.18%), Iron: 0.57mg (3.14%), Zinc: 0.44mg (2.92%), Magnesium: 9.28mg (2.32%), Calcium: 19.83mg (1.98%), Vitamin D: 0.17µg (1.13%)