



Grilled Marinated Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 8 large mushrooms fresh
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 2 bell peppers red
- ☐ 1 medium size onion red
- ☐ 10 servings salt to taste

- ☐ 0.3 cup lite soy sauce
- ☐ 2 bell peppers yellow
- ☐ 4 baby squash yellow
- ☐ 4 zucchini

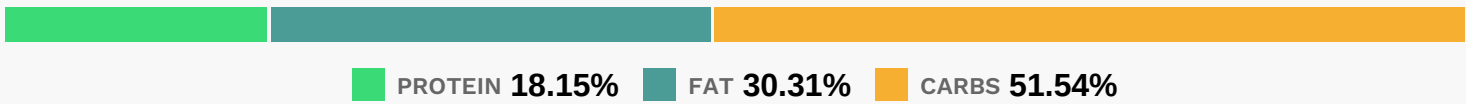
Equipment

- ☐ whisk
- ☐ grill
- ☐ wok

Directions

- ☐ Remove mushroom stems, and discard; cut mushrooms in half. Diagonally slice squash and zucchini; cut bell peppers and onion into 1-inch strips.
- ☐ Place vegetables in a large zip-top plastic freezer bag.
- ☐ Whisk together oil and next 5 ingredients until blended.
- ☐ Pour over vegetables. Chill at least 30 minutes.
- ☐ Remove vegetables from marinade, reserving marinade.
- ☐ Grill vegetables in a grill wok or metal basket, covered with grill lid, on medium-high heat (350 to 40
- ☐ minutes, stirring occasionally and basting with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:13.66391296458%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg,

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 71.87kcal (3.59%), Fat: 2.77g (4.26%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.77g (6.42%), Cholesterol: 0mg (0%), Sodium: 528.62mg (22.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin C: 105.25mg (127.57%), Vitamin B6: 0.46mg (23.11%), Vitamin A: 1107.29IU (22.15%), Manganese: 0.4mg (19.99%), Vitamin B2: 0.3mg (17.57%), Potassium: 606.99mg (17.34%), Folate: 66.2µg (16.55%), Fiber: 2.82g (11.29%), Vitamin B3: 2.1mg (10.48%), Phosphorus: 99.52mg (9.95%), Magnesium: 38.83mg (9.71%), Copper: 0.19mg (9.26%), Vitamin K: 8.33µg (7.93%), Vitamin B1: 0.12mg (7.9%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.89mg (5.93%), Iron: 1.06mg (5.91%), Zinc: 0.73mg (4.86%), Calcium: 34.65mg (3.46%), Selenium: 2.32µg (3.31%)