



Grilled Parmesan Vegetables

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup 1/3 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 2 and peppers green red yellow cut into 1-1/2-inch-wide strips
- 2 zucchini and squash yellow cut into 1/2-inch-thick slices

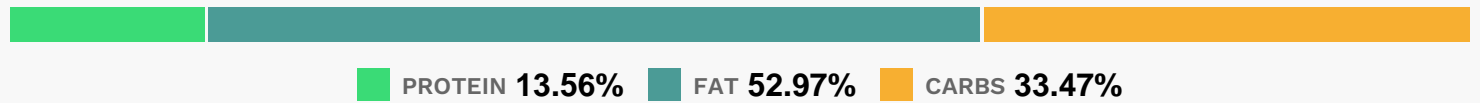
Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Grill vegetables 10 min. or until crisp-tender, turning occasionally.
- Place in large bowl.
- Add dressing; toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.9995652103554%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 20.37kcal (1.02%), Fat: 1.26g (1.94%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.39g (0.51%), Sugar: 1.2g (1.33%), Cholesterol: 1.09mg (0.36%), Sodium: 62.69mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin C: 13.09mg (15.87%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.06mg (3.11%), Manganese: 0.05mg (2.57%), Potassium: 77.57mg (2.22%), Vitamin A: 95.45IU (1.91%), Phosphorus: 18.34mg (1.83%), Calcium: 15.89mg (1.59%), Fiber: 0.4g (1.59%), Vitamin B2: 0.03mg (1.53%), Folate: 5.97µg (1.49%), Magnesium: 5.35mg (1.34%), Vitamin B1: 0.02mg (1.11%), Vitamin E: 0.16mg (1.06%)