



Grilled Peppers and Mushrooms



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 8 oz baby portobello mushrooms
- ☐ 4 large bell peppers assorted cut into 2-inch-wide strips
- ☐ 2 tablespoons dijon mustard coarse-grained
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil
- ☐ 1 large onion red sliced
- ☐ 0.5 teaspoon salt

☐ 0.3 cup balsamic vinegar white

Equipment

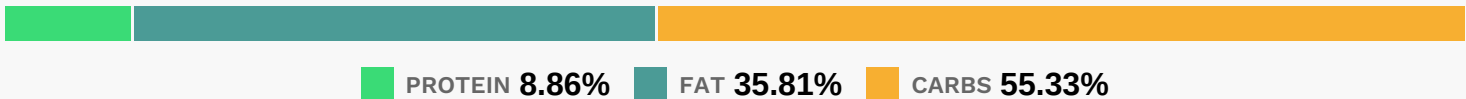
☐ whisk

☐ grill

Directions

- ☐ Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until blended. Reserve 2 Tbsp. mixture; cover and chill. Stir bell peppers and next 2 ingredients into remaining vinegar mixture. Cover and chill 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove vegetables from vinegar mixture; discard mixture. Grill vegetables at the same time, placing peppers skin side down on cooking grate. Grill vegetables, covered with grill lid, 6 minutes or until peppers look blistered and grill marks appear. Turn all vegetables, and grill about 2 more minutes or until crisp-tender.
- ☐ Arrange vegetables in a single layer on a serving platter.
- ☐ Drizzle with reserved 2 Tbsp. vinegar mixture just before serving. Season with salt and pepper to taste.
- ☐ *White wine vinegar may be substituted.

Nutrition Facts



Properties

Glycemic Index:28.16, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:12.36347823752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 74.36kcal (3.72%), Fat: 3.19g (4.9%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 8.58g (3.12%), Sugar: 8.14g (9.04%), Cholesterol: 0mg (0%), Sodium: 194.98mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin C: 106.01mg (128.49%), Vitamin A: 2570.7IU (51.41%), Vitamin B6: 0.3mg (15.02%), Folate: 48.6µg (12.15%), Vitamin E: 1.71mg (11.38%), Vitamin B3: 2.12mg (10.59%), Fiber: 2.51g (10.03%), Selenium: 6.72µg (9.6%), Potassium: 313.09mg (8.95%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.11mg (6.7%), Phosphorus: 61.69mg (6.17%), Vitamin B5: 0.61mg (6.14%), Vitamin K: 5.86µg (5.58%), Copper: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.97%), Magnesium: 14.13mg (3.53%), Iron: 0.62mg (3.44%), Zinc: 0.42mg (2.77%), Calcium: 14.82mg (1.48%)