



Grilled Peppers and Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 1 eggplant
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper green
- ☐ 0.8 cup olive oil
- ☐ 2 large onions
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 bell pepper red
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 bell pepper yellow
- ☐ 3 zucchini

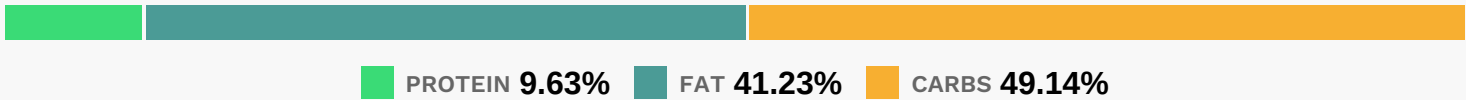
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Cut bell peppers into large pieces, discarding seeds and membranes.
- ☐ Cut zucchini in half crosswise; cut each piece in half lengthwise.
- ☐ Cut onions into large pieces. Slice eggplant into 1/2-inch slices.
- ☐ Add vegetables to marinade; toss to coat. Cover and chill 2 hours.
- ☐ Remove vegetables from marinade, reserving marinade. Grill, without grill lid, over medium-high heat (350 to 400°F)
- ☐ to 12 minutes or until just tender, basting occasionally with reserved marinade.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:11.338695598685%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 92kcal (4.6%), Fat: 4.54g (6.99%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 301.45mg (13.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 76.28mg (92.46%), Manganese: 0.41mg (20.38%), Vitamin B6: 0.33mg (16.43%), Fiber: 3.88g (15.52%), Vitamin A: 737.28IU (14.75%), Potassium: 477.58mg (13.65%), Folate: 49.89µg (12.47%), Vitamin K: 10.84µg (10.32%), Magnesium: 31.38mg (7.85%), Vitamin E: 1.14mg (7.63%), Vitamin B2: 0.12mg (7.27%), Copper: 0.14mg (6.81%), Phosphorus: 65.69mg (6.57%), Vitamin B1: 0.1mg (6.38%), Vitamin B3: 1.11mg (5.56%), Vitamin B5: 0.45mg (4.53%), Iron: 0.8mg (4.47%), Calcium: 34.19mg (3.42%), Zinc: 0.5mg (3.3%), Selenium: 0.72µg (1.02%)