



HEALTH SCORE

85%

Grilled Summer Vegetable Platter



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



10

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 5 snack peppers sweet mini halved
- ☐ 1 pt cherry tomatoes
- ☐ 1 lb eggplant cut into 1/2-inch slices
- ☐ 8 oz mushrooms fresh
- ☐ 2 small bunches spring onion
- ☐ 10 servings olive oil
- ☐ 10 servings salt and pepper black

- ☐ 0.5 lb sweet potatoes and into peeled cut into 1/2-inch wedges
- ☐ 10 servings savory vegetable
- ☐ 1 lb to 3 sized squashes yellow cut lengthwise into 1/2-inch slices
- ☐ 36 inch frangelico
- ☐ 36 inch frangelico

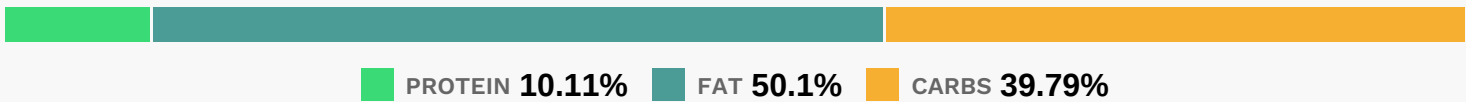
Equipment

- ☐ grill
- ☐ skewers
- ☐ metal skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes. (Omit if using metal skewers.)
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Thread tomatoes 1 inch apart onto skewers. Snap off and discard tough ends of asparagus.
- ☐ Brush zucchini, next 5 ingredients, tomatoes, and asparagus with olive oil; sprinkle with desired amount of salt and black pepper.
- ☐ Grill sweet potatoes, covered with grill lid, 6 minutes on each side or until tender. At the same time, grill zucchini, peppers, mushrooms, and eggplant 4 to 6 minutes on each side or until crisp-tender. Grill green onions, asparagus, and tomatoes 2 to 3 minutes on each side or until tender and grill marks appear.
- ☐ Remove from grill, and brush with vinaigrette. Arrange on a serving platter.
- ☐ Serve with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:29.3, Glycemic Load:7.52, Inflammation Score:-10, Nutrition Score:22.105652216984%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 247.86kcal (12.39%), Fat: 14.88g (22.9%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 18.48g (6.72%), Sugar: 6.73g (7.47%), Cholesterol: 0mg (0%), Sodium: 259.7mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.51%), Vitamin A: 9000.18IU (180%), Vitamin C: 51.34mg (62.24%), Vitamin K: 42.6µg (40.57%), Fiber: 8.11g (32.44%), Manganese: 0.62mg (31.05%), Folate: 95.12µg (23.78%), Potassium: 801.93mg (22.91%), Vitamin E: 3.29mg (21.95%), Vitamin B6: 0.42mg (20.88%), Vitamin B2: 0.35mg (20.8%), Copper: 0.38mg (18.93%), Vitamin B1: 0.28mg (18.58%), Vitamin B3: 3.46mg (17.29%), Iron: 2.88mg (16.02%), Phosphorus: 154.23mg (15.42%), Magnesium: 56.87mg (14.22%), Vitamin B5: 1.1mg (11%), Zinc: 1.16mg (7.77%), Calcium: 61.91mg (6.19%), Selenium: 4.16µg (5.94%)