



Grilled Summer Vegetables and Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 6 ears of corn
- ☐ 2 eggplants
- ☐ 0.5 teaspoon pepper
- ☐ 1 large onion red
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes
- ☐ 2 zucchini

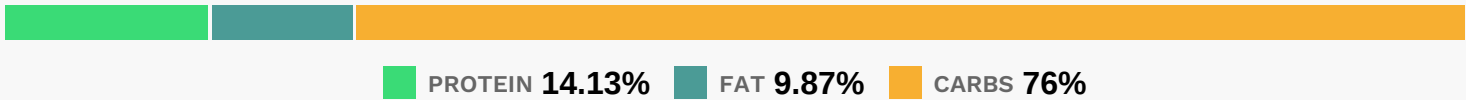
Equipment

☐ grill

Directions

- ☐ Cut 2 eggplants, 2 zucchini, and 1 large red onion into 1/2-inch slices.
- ☐ Cut 2 tomatoes in half, and shuck 6 ears of corn.
- ☐ Brush the vegetables with olive oil and sprinkle them with salt and pepper.
- ☐ Place everything on a grill over medium heat and cook, turning frequently, for 10 to 15 minutes or until fork tender.
- ☐ Serve hot, reserving one-third of the cut-up vegetables and 2 ears of corn for another use.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:20.883913185285%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 212.71kcal (10.64%), Fat: 2.71g (4.16%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 35.06g (12.75%), Sugar: 21.77g (24.19%), Cholesterol: 0mg (0%), Sodium: 327.58mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Manganese: 1.06mg (53.15%), Vitamin C: 42.22mg (51.18%), Fiber: 11.82g (47.27%), Potassium: 1333.98mg (38.11%), Folate: 145.09µg (36.27%), Vitamin B6: 0.56mg (28.03%), Magnesium: 109.6mg (27.4%), Vitamin B1: 0.38mg (25.22%), Vitamin B3: 4.72mg (23.59%), Phosphorus: 235.48mg (23.55%), Vitamin A: 1015.33IU (20.31%), Vitamin B5: 1.9mg (19.03%), Copper: 0.36mg (18.04%), Vitamin K: 18.01µg (17.15%), Vitamin B2: 0.27mg (15.92%), Iron: 1.84mg (10.23%), Zinc: 1.46mg (9.71%), Vitamin E: 1.24mg (8.26%), Calcium: 52.75mg (5.28%), Selenium: 1.84µg (2.63%)