



Grilled Summer Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper
- ☐ 2 medium size bell peppers red
- ☐ 0.5 teaspoon salt
- ☐ 2 medium size onions sweet
- ☐ 3 medium size baby squash yellow
- ☐ 3 small zucchini

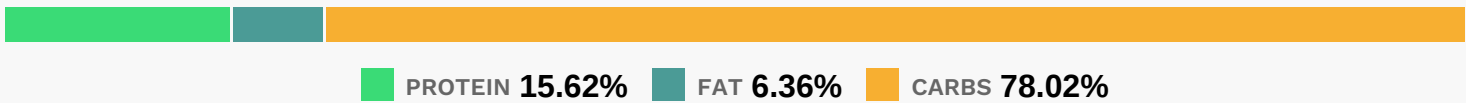
Equipment

- ☐ grill

Directions

- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Cut squash and zucchini lengthwise into 1/4-inch-thick slices.
- ☐ Cut onions into 1/2-inch-thick slices. Lightly coat vegetables evenly with cooking spray.
- ☐ Grill vegetables, covered with grill lid, over medium-high heat (350 to 400°F) for 5 minutes on each side or until tender.
- ☐ Remove from grill, and sprinkle evenly with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:14.277826039687%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg

Nutrients (% of daily need)

Calories: 71.75kcal (3.59%), Fat: 0.58g (0.89%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 12.41g (4.51%), Sugar: 10.84g (12.04%), Cholesterol: 0mg (0%), Sodium: 210.92mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin C: 83.29mg (100.96%), Vitamin A: 1557.98IU (31.16%), Vitamin B6: 0.57mg (28.46%), Folate: 86.23µg (21.56%), Manganese: 0.43mg (21.3%), Potassium: 628mg (17.94%), Vitamin B2: 0.25mg (14.75%), Fiber: 3.54g (14.14%), Magnesium: 42.26mg (10.56%), Phosphorus: 100.03mg (10%), Vitamin B1: 0.14mg (9.36%), Vitamin K: 8.02µg (7.64%), Copper: 0.15mg (7.61%), Vitamin B3: 1.28mg (6.4%), Iron: 1.04mg (5.76%), Vitamin E: 0.84mg (5.59%), Vitamin B5: 0.51mg (5.08%), Calcium: 49.84mg (4.98%), Zinc: 0.72mg (4.79%), Selenium: 0.91µg (1.31%)