



Grilled Vegetable Kabobs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon taco seasoning
- ☐ 0.3 cup salad dressing italian
- ☐ 2 medium baby potatoes cut in half (1 to 1 1/2 inches in diameter)
- ☐ 1 small zucchini cut in fourths
- ☐ 1 ears corn cut in fourths
- ☐ 0.5 bell pepper cut in fourths
- ☐ 2 frangelico

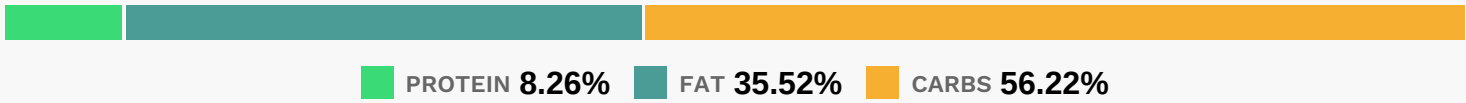
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ If using bamboo or wooden skewers, soak in water for 30 minutes before using to prevent burning.
- ☐ Heat grill.
- ☐ Mix taco seasoning and dressing. Thread remaining ingredients, alternating vegetables, on 2 skewers, leaving space between pieces.
- ☐ Brush dressing mixture over vegetables.
- ☐ Cover and grill kabobs over medium coals 4 inches from heat 25 to 30 minutes, turning frequently and brushing with dressing, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:7.72, Inflammation Score:-8, Nutrition Score:12.430869615596%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 170.18kcal (8.51%), Fat: 7.13g (10.98%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.05g (8.02%), Sugar: 9.16g (10.18%), Cholesterol: 0mg (0%), Sodium: 311.75mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin C: 62.87mg (76.21%), Vitamin A: 1150.01IU (23%), Vitamin K: 21.64µg (20.61%), Vitamin B6: 0.41mg (20.43%), Potassium: 598.7mg (17.11%), Manganese: 0.31mg (15.29%), Folate: 55.71µg (13.93%), Fiber: 3.36g (13.42%), Magnesium: 45.19mg (11.3%), Vitamin B1: 0.16mg (10.87%), Phosphorus: 106.53mg (10.65%), Vitamin B3: 1.98mg (9.91%), Vitamin E: 1.22mg (8.14%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.7mg (7.03%), Copper: 0.13mg (6.33%), Iron: 1.1mg (6.09%), Zinc: 0.65mg (4.35%), Calcium: 22.96mg (2.3%), Selenium: 1.17µg (1.68%)