



Grilled Vegetable Kebabs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 1 medium eggplant cut into 1-inch cubes
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 3 portabello mushrooms cut into 1-inch cubes

- ☐ 2 bell peppers red cut into 1-inch squares
- ☐ 0.5 teaspoon salt
- ☐ 2 medium zucchini cut into 1-inch cubes

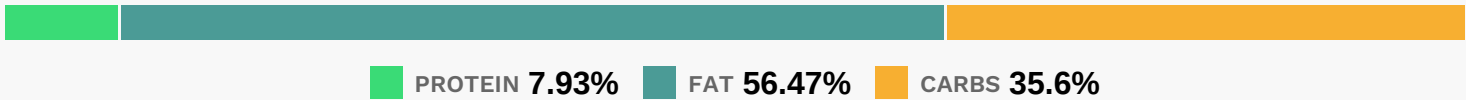
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together balsamic vinegar and next 3 ingredients in a small bowl. Slowly whisk oil into marinade until blended.
- ☐ Combine eggplant and next 3 ingredients in a large bowl.
- ☐ Pour marinade over vegetables, tossing to coat.
- ☐ Let stand, stirring occasionally, 1 hour.
- ☐ Secure vegetable pieces onto 12 to 15 skewers, alternating eggplant, zucchini, peppers, and mushrooms.
- ☐ Grill over medium-high heat about 5 minutes per side or until eggplant becomes tender and slightly browned. Arrange on a serving platter, and sprinkle evenly with basil and pepper.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:10.794782695563%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 108.74kcal (5.44%), Fat: 7.23g (11.12%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 6.91g (2.51%), Sugar: 6.89g (7.65%), Cholesterol: 0mg (0%), Sodium: 157.28mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin C: 48.6mg (58.9%), Vitamin A: 1083.53IU (21.67%), Manganese: 0.34mg (17.25%), Vitamin B6: 0.28mg (13.85%), Fiber: 3.33g (13.34%), Potassium: 458.14mg (13.09%), Vitamin K: 13.13µg (12.51%), Folate: 47.44µg (11.86%), Vitamin B3: 2.32mg (11.58%), Vitamin E: 1.69mg (11.25%), Selenium: 6.33µg (9.05%), Copper: 0.18mg (8.98%), Vitamin B2: 0.14mg (7.98%), Phosphorus: 78.63mg (7.86%), Vitamin B5: 0.73mg (7.26%), Magnesium: 22.83mg (5.71%), Vitamin B1: 0.08mg (5.45%), Iron: 0.72mg (3.99%), Zinc: 0.52mg (3.47%), Calcium: 23.41mg (2.34%)