



Grilled Vegetable Meze Plate



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon garlic minced



8 ounces water



1 juice of lemon divided



0.5 teaspoon kosher salt



0.3 cup olive oil extra-virgin divided



1 cup olives mixed



2 tablespoons oregano leaves fresh chopped



4 servings pita wedges

- ☐ 16 oz bell peppers red seeded quartered
- ☐ 1 large onion red cut into 8 wedges
- ☐ 1 lb zucchini yellow thinly sliced lengthwise
- ☐ 1.5 lbs zucchini green thinly sliced lengthwise

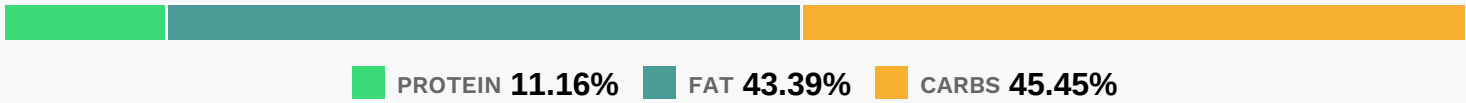
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix 2 tbsp. oil, the garlic, half the lemon juice, and the salt in a large bowl.
- ☐ Add vegetables and toss to coat.
- ☐ Grill vegetables, turning once, until softened and grill marks appear, about 10 minutes.
- ☐ Divide vegetables among 4 plates.
- ☐ Drizzle with remaining 2 tbsp. oil and the rest of lemon juice.
- ☐ Sprinkle with oregano.
- ☐ Serve with hummus, olives, and pita.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:33.28, Inflammation Score:-10, Nutrition Score:34.256521556688%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 516.33kcal (25.82%), Fat: 26.19g (40.29%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 61.72g (20.57%), Net Carbohydrates: 49.16g (17.88%), Sugar: 13.51g (15.01%), Cholesterol: 0mg (0%), Sodium: 1361.86mg (59.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.31%), Vitamin C: 201.51mg (244.26%), Vitamin A: 4310.84IU (86.22%), Manganese: 1.53mg (76.59%), Vitamin B6: 1.02mg (51.12%), Fiber: 12.56g (50.23%), Folate: 194.42µg (48.61%), Vitamin K: 42.03µg (40.03%), Vitamin E: 5.84mg (38.91%), Potassium: 1277.43mg (36.5%), Magnesium: 133.62mg (33.41%), Copper: 0.64mg (31.84%), Vitamin B1: 0.47mg (31.36%), Phosphorus: 308.01mg (30.8%), Vitamin B2: 0.48mg (28.22%), Iron: 4.97mg (27.58%), Vitamin B3: 4.17mg (20.83%), Calcium: 191.19mg (19.12%), Zinc: 2.85mg (19.03%), Vitamin B5: 1.32mg (13.21%), Selenium: 3µg (4.29%)