

health-score63%

HEALTH SCORE

Grilled Vegetable Packets

Gluten Free Dairy Free Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

289 kcal

SIDE DISH

Ingredients

- ☐ 4 small baking potatoes quartered
- ☐ 4 bell pepper rings green
- ☐ 1 cup carrots thinly sliced
- ☐ 4 tablespoons butter reduced-calorie
- ☐ 4 slices onion
- ☐ 0.3 teaspoon pepper
- ☐ 4 plum tomatoes quartered
- ☐ 0.3 teaspoon salt

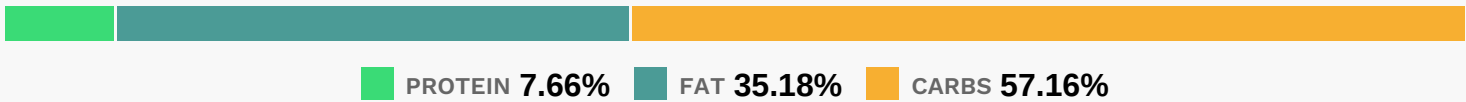
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Fold 4 (16 x 12-inch) sheets of heavy-duty foil in half lengthwise. Open foil, and layer 4 potato pieces, 1 onion slice, 1 bell pepper ring, 4 tomato pieces, 1/4 cup carrot, and 1 tablespoon margarine on half of each foil sheet; sprinkle with salt and pepper. Fold foil over vegetables; tightly seal the edges.
- ☐ Prepare grill.
- ☐ Place packets on grill rack, and grill 15 minutes; turn packets, and cook an additional 10 minutes or until potato pieces are tender.

Nutrition Facts



Properties

Glycemic Index:59.65, Glycemic Load:26.47, Inflammation Score:-10, Nutrition Score:21.656521646225%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 288.95kcal (14.45%), Fat: 11.83g (18.2%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 37.09g (13.49%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 315.2mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin C: 116.81mg (141.59%), Vitamin A: 6806.12IU (136.12%), Vitamin B6: 0.97mg (48.26%), Potassium: 1194.5mg (34.13%), Manganese: 0.56mg (28.14%), Fiber: 6.14g (24.57%), Vitamin K: 21.25µg (20.24%), Vitamin B1: 0.26mg (17.28%), Magnesium: 63.7mg (15.92%), Copper: 0.31mg (15.59%), Vitamin B3: 3.03mg (15.17%), Phosphorus: 150.86mg (15.09%), Folate: 53.9µg (13.48%), Iron: 2.17mg (12.07%), Vitamin E: 1.44mg (9.61%), Vitamin B5: 0.8mg (8.03%), Vitamin B2: 0.13mg (7.58%), Calcium: 58.82mg (5.88%), Zinc: 0.86mg (5.7%), Selenium: 0.79µg (1.13%)