

health-score100%

HEALTH SCORE

Grilled Vegetables

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

196 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 3 tablespoons balsamic vinegar
- ☐ 12 cremini mushrooms
- ☐ 1 teaspoon basil leaves fresh chopped
- ☐ 0.5 teaspoon rosemary leaves fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 12 green onions
- ☐ 3 baby eggplant sliced lengthwise into 1/2-inch-thick rectangles 12 ounces total

- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon parsley leaves fresh italian chopped
- ☐ 3 bell peppers red halved seeded
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 baby squash yellow sliced lengthwise into 1/2-inch-thick rectangles 1 pound total
- ☐ 3 zucchini sliced lengthwise into 1/2-inch-thick rectangles 12 ounces total

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat).
- ☐ Brush the vegetables with 1/4 cup of the oil to coat lightly.
- ☐ Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.
- ☐ Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend.
- ☐ Add salt and pepper to taste.
- ☐ Drizzle the herb mixture over the vegetables.
- ☐ Serve the vegetables, warm or at room temperature.

Nutrition Facts



 PROTEIN **13.33%**  FAT **41.41%**  CARBS **45.26%**

Properties

Glycemic Index:64.5, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:31.1399999906654%

Flavonoids

Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg

Nutrients (% of daily need)

Calories: 196.02kcal (9.8%), Fat: 10.06g (15.47%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 15.54g (5.65%), Sugar: 14.97g (16.63%), Cholesterol: 0mg (0%), Sodium: 24.41mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.57%), Vitamin C: 121.93mg (147.8%), Vitamin K: 101.09µg (96.28%), Vitamin A: 3094.91IU (61.9%), Manganese: 0.93mg (46.43%), Folate: 168.93µg (42.23%), Vitamin B6: 0.78mg (39.08%), Vitamin B2: 0.65mg (38.05%), Potassium: 1309.59mg (37.42%), Fiber: 9.2g (36.79%), Copper: 0.57mg (28.64%), Vitamin E: 3.8mg (25.35%), Vitamin B3: 4.63mg (23.15%), Vitamin B1: 0.33mg (21.92%), Phosphorus: 216.49mg (21.65%), Magnesium: 77.65mg (19.41%), Iron: 3.49mg (19.4%), Selenium: 13.22µg (18.89%), Vitamin B5: 1.69mg (16.91%), Zinc: 1.89mg (12.59%), Calcium: 91.92mg (9.19%)