



Grilled Vegetables with Cheese Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



35 kcal

SIDE DISH

Ingredients

- 12 singles chopped kraft
- 0.5 cup milk
- 2 Tbsp olive oil
- 1 onion red cut into 1/2-inch-thick slices
- 1 bell pepper red yellow cut into 2-inch-wide strips
- 1 slices baby squash yellow
- 1 slices zucchini

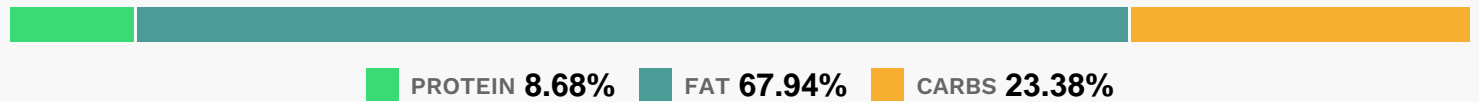
Equipment

- bowl
- grill
- microwave

Directions

- Heat grill to medium heat.
- Toss vegetables with oil; grill 4 to 6 min. or until tender, turning after 4 min.
- Microwave milk in small microwaveable bowl on HIGH 1 min. Stir in chopped Singles; microwave 1 min. or until Singles are completely melted and sauce is well blended, stirring every 30 sec.
- Serve vegetables topped with sauce.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:2.2173912732498%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 34.73kcal (1.74%), Fat: 2.71g (4.17%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.72g (0.62%), Sugar: 1.4g (1.56%), Cholesterol: 1.38mg (0.46%), Sodium: 17.74mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 13.66mg (16.56%), Vitamin A: 352.12IU (7.04%), Vitamin E: 0.5mg (3.34%), Phosphorus: 25.37mg (2.54%), Vitamin B6: 0.05mg (2.46%), Calcium: 22.71mg (2.27%), Vitamin K: 2.02µg (1.92%), Vitamin B2: 0.03mg (1.75%), Folate: 6.74µg (1.69%), Potassium: 56.28mg (1.61%), Fiber: 0.38g (1.53%), Manganese: 0.03mg (1.31%), Vitamin B1: 0.02mg (1.07%)