



Grilled Vegetables with Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 cups basmati rice hot cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 2 ounces feta cheese crumbled
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 16 inch portabello mushrooms

- ☐ 1 bell pepper red quartered
- ☐ 0.5 teaspoon salt
- ☐ 2 inch onion sweet
- ☐ 1 bell pepper yellow quartered
- ☐ 1 pound zucchini halved lengthwise

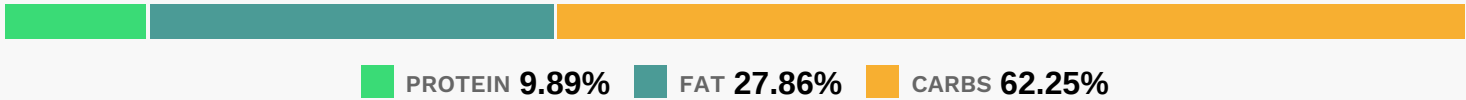
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ cutting board

Directions

- ☐ Prepare grill.
- ☐ To prepare vinaigrette, combine first 6 ingredients in a small bowl; stir well with a whisk.
- ☐ To prepare vegetables, combine 1/4 cup vinaigrette, zucchini, and bell peppers in a large bowl.
- ☐ Brush remaining 1/4 cup vinaigrette over both sides of onion slices and mushroom caps.
- ☐ Place vegetables on grill rack coated with cooking spray; grill 2 1/2 minutes on each side or until vegetables are tender and browned.
- ☐ Place vegetables on a cutting board; cut each vegetable piece in half.
- ☐ Serve over rice; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:25.18, Inflammation Score:-6, Nutrition Score:10.526521601107%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 182.87kcal (9.14%), Fat: 5.66g (8.71%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.81g (9.75%), Sugar: 3.5g (3.89%), Cholesterol: 6.31mg (2.1%), Sodium: 276.26mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin C: 56.88mg (68.95%), Manganese: 0.59mg (29.52%), Vitamin B6: 0.29mg (14.49%), Selenium: 9.56µg (13.65%), Vitamin A: 642.93IU (12.86%), Phosphorus: 100.18mg (10.02%), Vitamin B2: 0.15mg (8.86%), Potassium: 284.65mg (8.13%), Folate: 30.86µg (7.72%), Magnesium: 28.13mg (7.03%), Fiber: 1.65g (6.6%), Copper: 0.13mg (6.59%), Vitamin B5: 0.64mg (6.44%), Calcium: 62.65mg (6.27%), Zinc: 0.91mg (6.06%), Vitamin B3: 1.18mg (5.9%), Vitamin E: 0.87mg (5.79%), Vitamin K: 5.89µg (5.61%), Vitamin B1: 0.08mg (5.15%), Iron: 0.74mg (4.14%), Vitamin B12: 0.12µg (2.04%)