



Grilled Vegetables with Mint Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1 cup mint leaves fresh chopped
- ☐ 1 tablespoon garam masala
- ☐ 2 bell pepper red
- ☐ 2 onion red
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups yogurt plain
- ☐ 0.3 cup vegetable oil
- ☐ 3 large zucchini

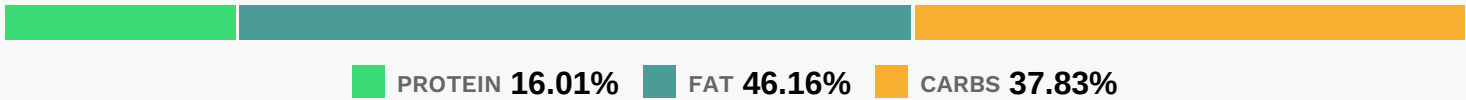
Equipment

☐ grill

Directions

- ☐ Spray grill rack with nonstick spray; prepare barbecue (medium-high heat). Grill vegetables until slightly charred in spots, turning occasionally, about 8 minutes.
- ☐ Serve vegetables and mint raita alongside Grilled Tandoori Lamb.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:18.574347848478%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 186.91kcal (9.35%), Fat: 10.07g (15.5%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 14.76g (5.37%), Sugar: 13.53g (15.03%), Cholesterol: 1.63mg (0.54%), Sodium: 275.52mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin C: 85.52mg (103.65%), Vitamin A: 1890.01IU (37.8%), Vitamin K: 25.9µg (24.67%), Vitamin B2: 0.41mg (23.91%), Vitamin B6: 0.48mg (23.78%), Manganese: 0.47mg (23.52%), Potassium: 809.71mg (23.13%), Calcium: 217.91mg (21.79%), Phosphorus: 216.01mg (21.6%), Folate: 82.32µg (20.58%), Fiber: 3.82g (15.29%), Magnesium: 59.02mg (14.75%), Vitamin B5: 1.05mg (10.49%), Vitamin E: 1.57mg (10.47%), Vitamin B1: 0.16mg (10.42%), Zinc: 1.55mg (10.36%), Vitamin B12: 0.5µg (8.3%), Iron: 1.3mg (7.24%), Copper: 0.14mg (7.19%), Vitamin B3: 1.39mg (6.94%), Selenium: 3.49µg (4.98%)