



Grilled Vegetables With Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- 3 tablespoons pesto refrigerated
- 1 medium size bell pepper red
- 4 servings salt and pepper to taste
- 2 medium size baby squash yellow
- 2 medium zucchini

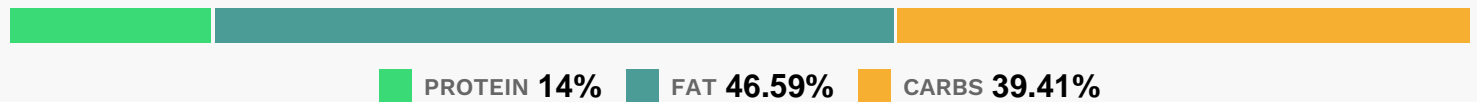
Equipment

- grill

Directions

- Cut squash and zucchini lengthwise into 1/4-inch-thick slices.
- Cut bell pepper into 1/2-inch-thick strips.
- Grill vegetables, covered with grill lid, over medium-high heat (350 to 400°F) to 3 minutes on each side or until tender.
- Toss hot vegetables with pesto.
- Sprinkle with salt and pepper to taste, and serve immediately.
- Note: For testing purposes only, we used Buitoni Pesto With Basil.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:12.552608806154%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 83.61kcal (4.18%), Fat: 4.74g (7.3%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 6.16g (2.24%), Sugar: 6.22g (6.91%), Cholesterol: 0.9mg (0.3%), Sodium: 309.97mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin C: 72.28mg (87.61%), Vitamin A: 1550.27IU (31.01%), Vitamin B6: 0.46mg (23%), Manganese: 0.38mg (18.94%), Potassium: 575.35mg (16.44%), Folate: 65.63µg (16.41%), Vitamin B2: 0.26mg (15.09%), Fiber: 2.86g (11.45%), Magnesium: 37.88mg (9.47%), Phosphorus: 82.21mg (8.22%), Vitamin K: 8.61µg (8.2%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.21mg (6.05%), Copper: 0.11mg (5.36%), Calcium: 50.69mg (5.07%), Iron: 0.9mg (5%), Vitamin E: 0.71mg (4.7%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.45mg (4.46%)