



Grilled Vegetables with Potato Cakes

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup parmesan fresh
- ☐ 2 cups pasta sauce (such as Classico)
- ☐ 0.5 teaspoon pepper
- ☐ 4 small portabello mushrooms
- ☐ 4 potatoes
- ☐ 1 small to 3 sized squashes yellow
- ☐ 2 small zucchini

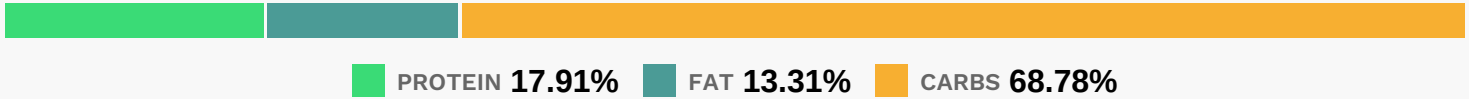
Equipment

- ☐ oven
- ☐ grill
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Reheat Potato Cakes according to recipe instructions on page
- ☐ Prepare grill.
- ☐ Cut squash lengthwise into 4 slices each.
- ☐ Sprinkle squash and mushrooms with pepper, and coat with cooking spray.
- ☐ Place on grill rack coated with cooking spray; grill 3 minutes on each side or until tender.
- ☐ Remove from heat. Chop squash; set aside.
- ☐ Pour pasta sauce into a 2-cup glass measure. Cover and microwave at HIGH 2 minutes or until thoroughly heated, stirring after 1 minute.
- ☐ Place mushroom caps on plates; top each with a potato cake. Spoon squash over potato cakes. Top each with pasta sauce, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:29.88, Inflammation Score:-8, Nutrition Score:26.077826033468%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 276.27kcal (13.81%), Fat: 4.33g (6.66%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 41.76g (15.19%), Sugar: 10.35g (11.5%), Cholesterol: 8.5mg (2.83%), Sodium: 806.6mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Vitamin C: 66.11mg (80.14%), Vitamin B6: 1.05mg (52.27%), Potassium: 1812.42mg (51.78%), Vitamin B3: 7.68mg (38.4%), Phosphorus: 365.98mg (36.6%), Manganese: 0.71mg (35.27%), Fiber: 8.59g (34.37%), Copper: 0.66mg (33.24%), Selenium: 20µg (28.57%), Vitamin

B2: 0.4mg (23.31%), Folate: 92.26µg (23.06%), Magnesium: 88.93mg (22.23%), Vitamin B5: 2.19mg (21.93%), Calcium: 208.2mg (20.82%), Iron: 3.55mg (19.7%), Vitamin B1: 0.3mg (19.68%), Vitamin A: 810.68IU (16.21%), Zinc: 1.95mg (13.02%), Vitamin E: 1.94mg (12.92%), Vitamin K: 11.52µg (10.97%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.31µg (2.1%)