



Grilled Vegetables with Ranch Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 1 pound asparagus spears
- 0.5 teaspoon pepper black
- 1 small eggplant cut in half lengthwise (1 pound)
- 2 tablespoons olive oil
- 8 plum tomatoes
- 8 servings ranch dressing
- 2 bell peppers red seeded
- 0.3 teaspoon salt

- 2 bell peppers yellow seeded
- 1 medium zucchini yellow cut in half lengthwise

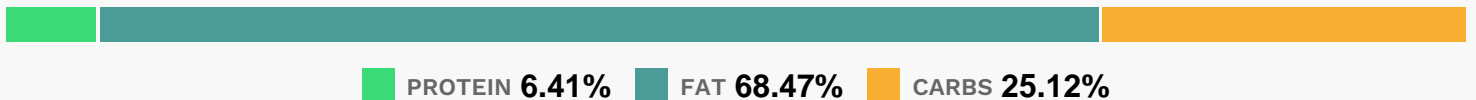
Equipment

- grill

Directions

- Prepare grill.
- Brush first 6 ingredients with oil; sprinkle evenly with black pepper and salt.
- Place bell peppers on a grill rack coated with cooking spray; grill 5 minutes.
- Add eggplant; grill 5 minutes.
- Add asparagus; grill 5 minutes.
- Add zucchini; grill 5 minutes.
- Add tomatoes; grill 5 minutes or until all vegetables are tender, turning vegetables as needed.
- Remove vegetables from grill.
- Cut each bell pepper into quarters; cut eggplant halves and zucchini halves each into 4 equal pieces.
- Serve vegetables with Ranch Dressing.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.02, Inflammation Score:-9, Nutrition Score:18.615217377958%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 216.75kcal (10.84%), Fat: 17.34g (26.68%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 9.48g (3.45%), Sugar: 7.91g (8.79%), Cholesterol: 7.8mg (2.6%), Sodium: 350.72mg (15.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin C: 109.76mg (133.05%), Vitamin K: 75.19µg (71.61%), Vitamin A: 2010.33IU (40.21%), Manganese: 0.43mg (21.64%), Folate: 81.12µg (20.28%), Fiber: 4.85g (19.38%), Vitamin E: 2.82mg (18.79%), Vitamin B6: 0.35mg (17.43%), Potassium: 603.52mg (17.24%), Phosphorus: 138.29mg (13.83%), Copper: 0.25mg (12.35%), Vitamin B2: 0.21mg (12.16%), Vitamin B1: 0.17mg (11.14%), Iron: 1.99mg (11.03%), Vitamin B3: 1.99mg (9.94%), Magnesium: 35.79mg (8.95%), Vitamin B5: 0.79mg (7.95%), Zinc: 0.75mg (5.01%), Calcium: 43.02mg (4.3%), Selenium: 2.7µg (3.86%)