

food
network



HEALTH SCORE

53%

Grilled Vegetables with Sun Dried Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients



4 artichokes cleaned quartered



2 tablespoons basil chiffonade



1 small head fennel bulb quartered



3 garlic cloves smashed



0.3 cup olive oil



0.5 cup olive oil



2 portabello mushrooms cleaned

- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 sundried tomatoes chopped in oil
- ☐ 1 zucchini green quartered
- ☐ 1 zucchini yellow quartered

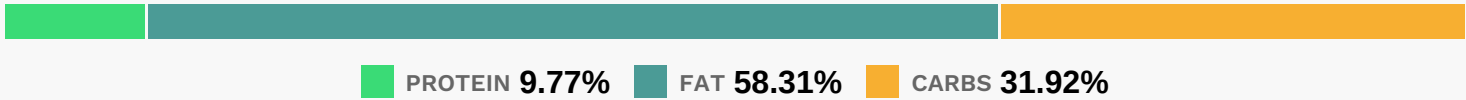
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Place tomatoes, vinegar, garlic and basil in a blender and blend until smooth. Slowly add the olive oil until emulsified. Season with salt and pepper to taste. Preheat grill.
- ☐ Brush the vegetables with olive oil and season with salt and pepper to taste. Grill until cooked through. Arrange on a platter and drizzle with tomato vinaigrette.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:3.99, Inflammation Score:-8, Nutrition Score:22.387391459683%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.61mg, Apigenin: 9.61mg, Apigenin: 9.61mg, Apigenin: 9.61mg Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 282.85kcal (14.14%), Fat: 19.75g (30.38%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 13.76g (5%), Sugar: 7.84g (8.72%), Cholesterol: 0mg (0%), Sodium: 360.29mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Vitamin K: 76.32µg (72.69%), Vitamin C: 41.28mg (50.03%), Fiber: 10.56g (42.24%), Manganese: 0.74mg (36.76%), Folate: 140.22µg (35.06%), Potassium:

1211.08mg (34.6%), Magnesium: 110.07mg (27.52%), Copper: 0.55mg (27.35%), Phosphorus: 239.37mg (23.94%),
Vitamin E: 3.44mg (22.93%), Vitamin B6: 0.43mg (21.7%), Vitamin B3: 4.25mg (21.24%), Iron: 2.98mg (16.58%),
Vitamin B2: 0.26mg (15.47%), Vitamin B5: 1.3mg (13.04%), Selenium: 9.11µg (13.01%), Vitamin B1: 0.18mg (12.15%),
Calcium: 111.17mg (11.12%), Zinc: 1.36mg (9.06%), Vitamin A: 361.46IU (7.23%)