



## Grilled Vegetables with Tomato Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

### Ingredients

- ☐ 3 tablespoons tomatoes dried packed in oil minced drained
- ☐ 0.8 pound regular eggplant
- ☐ 0.3 cup olive oil
- ☐ 2 portabella mushrooms (4-in.-wide caps)
- ☐ 10 servings salt and pepper
- ☐ 12 oz onions sweet such as maui or walla walla, peeled
- ☐ 2 bell peppers green red yellow
- ☐ 2 zucchini ()

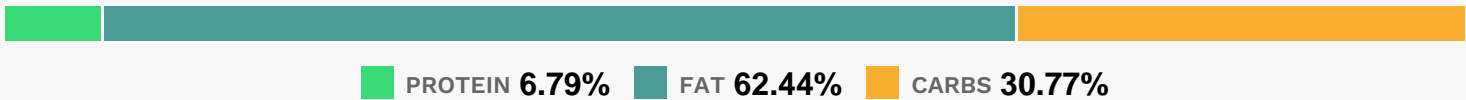
# Equipment

- ☐ grill
- ☐ skewers

# Directions

- ☐ Cut onions crosswise in 3/4-inch-thick slices. Run a slender skewer across and through center of each slice to hold rounds flat and secure; put as many slices on skewer as will fit.
- ☐ Rinse eggplant, discard stem, and cut crosswise into 3/4-inch-thick rounds. Thread skewers across and through rounds as directed for onions.
- ☐ Rinse zucchini, trim ends, and cut crosswise into 3/4-inch-thick rounds. Thread on skewers as directed for onions.
- ☐ Rinse peppers, cut into quarters lengthwise, stem, and seed. Thread thin skewers through center of slices, leaving about 1/4 inch between pieces.
- ☐ Rinse mushrooms, trim stems flush with caps, and save stems for other uses.
- ☐ Mix olive oil and tomatoes.
- ☐ Brush mixture onto vegetables.
- ☐ Set vegetables on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Close lid on gas grill. Cook, turning as needed, until vegetables are browned and tender when pierced, 8 to 10 minutes.
- ☐ Transfer to a platter as cooked.
- ☐ Slice mushrooms.
- ☐ Remove vegetables from skewers.
- ☐ Add mushrooms to platter and season vegetables to taste with salt and pepper.
- ☐ Serve hot or at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:8.5, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:7.1160869280929%

Flavonoids

Delphinidin: 29.15mg, Delphinidin: 29.15mg, Delphinidin: 29.15mg, Delphinidin: 29.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 7.56g (11.63%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.85g (2.13%), Sugar: 5.44g (6.05%), Cholesterol: 0mg (0%), Sodium: 204.3mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 29.12mg (35.3%), Manganese: 0.24mg (12.15%), Vitamin B6: 0.22mg (10.99%), Potassium: 375.06mg (10.72%), Fiber: 2.53g (10.11%), Vitamin K: 9.72µg (9.26%), Vitamin E: 1.28mg (8.56%), Folate: 32.82µg (8.21%), Copper: 0.15mg (7.63%), Vitamin B3: 1.45mg (7.24%), Phosphorus: 60.49mg (6.05%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.08mg (5.08%), Selenium: 3.56µg (5.08%), Magnesium: 20.18mg (5.04%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 187.73IU (3.75%), Iron: 0.62mg (3.46%), Zinc: 0.37mg (2.5%), Calcium: 20.86mg (2.09%)