



WHATSheATE



HEALTH SCORE

78%

Grilled Vegetables with Yogurt-Tahini Sauce



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black



12 large button mushrooms halved



1.5 pounds eggplant cut lengthwise into 8 wedges



1 cup yogurt plain fat-free greek-style



1 teaspoon garlic minced



0.5 teaspoon ground cumin



1 tablespoon juice of lemon fresh



3 tablespoons olive oil

- ☐ 0.5 teaspoon paprika smoked spanish hot
- ☐ 1 head radicchio thinly quartered
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 tablespoons tahini
- ☐ 2 tomatoes halved

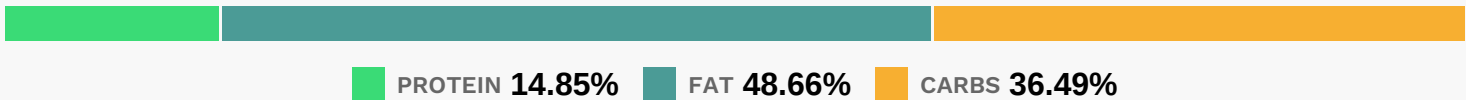
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high heat using both burners. After preheating, turn the left burner to medium heat (leave right burner on high heat).
- ☐ Combine first 5 ingredients and 1/4 teaspoon salt, stirring with a whisk.
- ☐ Combine oil and paprika in a small bowl.
- ☐ Brush oil mixture evenly over mushrooms, tomatoes, eggplant, and radicchio.
- ☐ Sprinkle evenly with remaining 1/4 teaspoon salt and pepper.
- ☐ Arrange vegetables on right side of grill rack (over high heat); grill vegetables 8 minutes or until just tender, turning once. Move any vegetables to left side of grill rack (over medium heat) if they get done more quickly.
- ☐ Place vegetables on a platter.
- ☐ Sprinkle with chopped parsley, if desired.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:23.996086760708%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 151.13mg, Delphinidin: 151.13mg, Delphinidin: 151.13mg, Delphinidin: 151.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg

Nutrients (% of daily need)

Calories: 249.19kcal (12.46%), Fat: 14.54g (22.36%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 16.93g (6.16%), Sugar: 14.25g (15.83%), Cholesterol: 1.23mg (0.41%), Sodium: 366.13mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin K: 196.19µg (186.84%), Copper: 0.74mg (37.03%), Potassium: 1166.97mg (33.34%), Manganese: 0.64mg (31.94%), Vitamin B2: 0.53mg (31.01%), Fiber: 7.6g (30.39%), Phosphorus: 287.2mg (28.72%), Folate: 114.18µg (28.55%), Vitamin E: 4.03mg (26.88%), Vitamin C: 21.71mg (26.32%), Vitamin B3: 4.58mg (22.89%), Vitamin B5: 2.16mg (21.64%), Vitamin B1: 0.28mg (18.66%), Vitamin B6: 0.36mg (18.12%), Calcium: 171.97mg (17.2%), Selenium: 11.84µg (16.92%), Magnesium: 64.86mg (16.22%), Vitamin A: 705.66IU (14.11%), Zinc: 2.06mg (13.73%), Iron: 1.91mg (10.63%), Vitamin B12: 0.4µg (6.69%)