



Grilled Veggie Kebabs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound baby eggplant chinese cut into 3/4-inch slices
- 0.5 teaspoon pepper black freshly ground
- 20 cherry tomatoes
- 0.3 cup basil fresh chopped
- 3 garlic cloves minced
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 1 onion red cut into 1 1/2-inch pieces

- 0.3 cup balsamic vinegar white
- 1 bell pepper yellow cut into 1 1/2-inch pieces
- 3 small zucchini cut into 3/4-inch slices
- 12 inch wooden skewers
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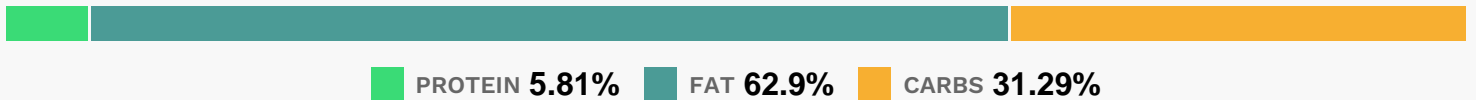
Equipment

- whisk
- grill
- skewers

Directions

- Soak skewers in water 30 minutes.
- Whisk together olive oil and next 5 ingredients. Thread onion and remaining ingredients onto skewers; brush vegetables generously with marinade.
- Grill, covered with grill lid, over medium-high heat (400), turning occasionally, 10 to 12 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:6.859999972841%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 102.08kcal (5.1%), Fat: 7.48g (11.51%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.07g (2.21%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 242.51mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin C: 38.13mg (46.21%), Manganese: 0.28mg (13.77%), Vitamin K: 11.11µg (10.58%), Vitamin E: 1.41mg (9.43%), Potassium: 325.64mg (9.3%), Fiber: 2.3g (9.2%), Vitamin B6: 0.17mg (8.41%), Folate: 28.53µg (7.13%), Vitamin A: 303.79IU (6.08%), Copper: 0.11mg (5.31%), Magnesium: 19.86mg (4.97%), Phosphorus: 42.99mg (4.3%), Vitamin B2: 0.07mg (3.83%), Vitamin B3: 0.77mg (3.83%), Iron: 0.68mg (3.76%), Vitamin B1: 0.06mg (3.76%), Vitamin B5: 0.29mg (2.85%), Calcium: 22.4mg (2.24%), Zinc: 0.29mg (1.96%)