



Grilled Veggie Platter with Ginger-Mustard Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small zucchini
- ☐ 0.8 lb asparagus fresh
- ☐ 1 medium bell pepper red
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup salad dressing
- ☐ 2 tablespoons dijon honey mustard
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 clove garlic finely chopped

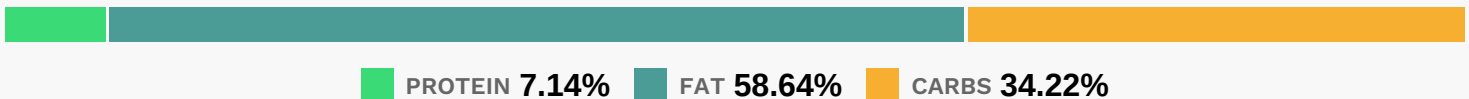
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut zucchini in half crosswise, then cut each half lengthwise into 4 spears. Snap or cut off tough ends of asparagus spears.
- ☐ Cut bell pepper into 8 strips.
- ☐ In ungreased 15x10x1-inch pan, arrange zucchini, asparagus and bell pepper in single layer.
- ☐ Drizzle with oil. Shake pan to coat vegetables with oil.
- ☐ Place vegetables carefully in single layer on grill over medium heat. Cover grill; cook 1 to 2 minutes or until lightly charred. Turn vegetables; cook 1 to 2 minutes longer or until lightly charred and just beginning to soften.
- ☐ Remove from grill; cover and refrigerate 30 minutes or until serving time.
- ☐ Meanwhile, in small bowl, mix mayonnaise, honey mustard, gingerroot and garlic.
- ☐ Serve with cold grilled vegetables.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:6.6073912693107%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 73.62kcal (3.68%), Fat: 4.95g (7.61%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.13g (1.86%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 167.35mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin C: 24.26mg (29.41%), Vitamin K: 30.41µg (28.96%), Vitamin A: 822.04IU (16.44%), Folate: 32.56µg (8.14%), Vitamin E: 1.2mg (7.97%), Manganese: 0.12mg (6.1%), Vitamin B6: 0.12mg (6.04%), Iron: 1.08mg (5.98%), Fiber: 1.37g (5.48%), Vitamin B1: 0.08mg (5.29%), Vitamin B2: 0.09mg (5.12%), Potassium: 171.7mg (4.91%), Copper: 0.1mg (4.79%), Phosphorus: 34.53mg (3.45%), Vitamin B3: 0.65mg (3.27%), Magnesium: 11.44mg (2.86%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.2mg (1.97%), Selenium: 1.37µg (1.96%), Calcium: 16.28mg (1.63%)