



## Grilled Veggie Skewers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 bamboo skewers
- 12 cherry tomatoes
- 1.5 teaspoons basil dried
- 0.1 teaspoon ground pepper black
- 0.5 pound mushrooms fresh whole
- 0.3 cup olive oil
- 0.8 teaspoon oregano dried
- 1 pineapple fresh cut into chunks

- 1 bell pepper red cut into chunks
- 1 onion red cut into chunks
- 0.5 teaspoon salt
- 2 baby squash yellow cut into 1-inch slices
- 2 zucchinis cut into 1-inch slices

## Equipment

- bowl
- whisk
- grill
- skewers

## Directions

- Soak skewers in water for 10 to 20 minutes.
- Preheat grill for medium heat and lightly oil the grate. Alternately thread zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper onto the skewers.
- Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush mixture over vegetables.
- Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.

## Nutrition Facts



**PROTEIN 6.97%** **FAT 45.65%** **CARBS 47.38%**

## Properties

Glycemic Index:66.42, Glycemic Load:17.92, Inflammation Score:-10, Nutrition Score:27.87956538926%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

## Nutrients (% of daily need)

Calories: 347.38kcal (17.37%), Fat: 19.17g (29.49%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 37.18g (13.52%), Sugar: 31.76g (35.29%), Cholesterol: 0mg (0%), Sodium: 314.37mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin C: 195.32mg (236.75%), Manganese: 2.66mg (132.93%), Vitamin B6: 0.86mg (42.87%), Vitamin A: 1714.41IU (34.29%), Vitamin B2: 0.58mg (34.27%), Potassium: 1170.82mg (33.45%), Folate: 129.97µg (32.49%), Fiber: 7.59g (30.35%), Copper: 0.6mg (29.94%), Vitamin K: 31.43µg (29.94%), Vitamin E: 3.76mg (25.07%), Vitamin B1: 0.36mg (24.3%), Vitamin B3: 4.73mg (23.66%), Magnesium: 81.34mg (20.33%), Vitamin B5: 1.89mg (18.86%), Phosphorus: 173.51mg (17.35%), Iron: 2.77mg (15.38%), Zinc: 1.41mg (9.39%), Selenium: 6.36µg (9.08%), Calcium: 90.7mg (9.07%)