



Herb-marinated Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 eggplant
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper green
- ☐ 0.8 cup olive oil

- ☐ 2 large onion
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 bell pepper red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow
- ☐ 3 zucchini

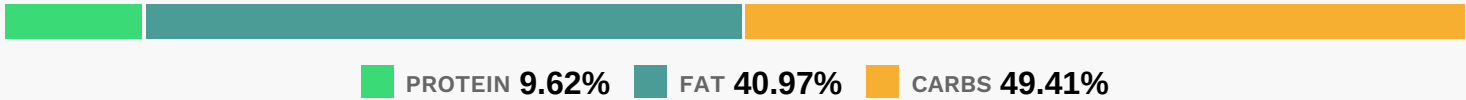
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Cut bell peppers into large pieces, discarding seeds and membranes.
- ☐ Cut zucchini and onions into large pieces. Slice eggplant into 1/2-inch slices.
- ☐ Add vegetables to marinade; toss to coat. Cover and chill for 2 hours.
- ☐ Remove vegetables from marinade, reserving marinade. Grill, uncovered, over medium-high heat (350 to 400°F) for 12 minutes or until just tender, basting occasionally with reserved marinade.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:11.4699999997512%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 92.63kcal (4.63%), Fat: 4.55g (7%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 156.17mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin C: 76.25mg (92.42%), Manganese: 0.42mg (20.85%), Vitamin B6: 0.33mg (16.54%), Fiber: 3.98g (15.94%), Vitamin A: 729.37IU (14.59%), Potassium: 480.09mg (13.72%), Folate: 50.34µg (12.58%), Vitamin K: 11.41µg (10.87%), Magnesium: 31.91mg (7.98%), Vitamin E: 1.19mg (7.92%), Vitamin B2: 0.12mg (7.34%), Copper: 0.14mg (6.84%), Phosphorus: 65.93mg (6.59%), Vitamin B1: 0.1mg (6.4%), Vitamin B3: 1.12mg (5.6%), Iron: 0.89mg (4.94%), Vitamin B5: 0.46mg (4.55%), Calcium: 37.71mg (3.77%), Zinc: 0.5mg (3.33%), Selenium: 0.73µg (1.04%)