



Hummus-Filled Roasted Vegetables

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



75 kcal

SIDE DISH

Ingredients

- 1 small zucchini (6-inch)
- 1 small to 3 sized squashes yellow (6-inch)
- 1 medium bell pepper red
- 2 tablespoons vegetable oil
- 1 cup water
- 2 oz feta cheese crumbled
- 6 kalamata olives pitted quartered

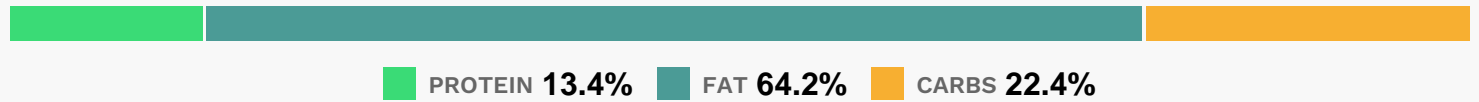
Equipment

grill

Directions

- Heat closed medium-size contact grill for 5 minutes or to 375°F.
- Cut zucchini and summer squash in half lengthwise; with spoon, scoop out seeds and discard.
- Cut around stem of bell pepper to remove stem and seeds; cut bell pepper into quarters.
- Brush both sides of zucchini, squash and bell pepper pieces with oil; place on both sides of grill--do not close grill. Cook 4 to 6 minutes, turning once, until vegetables are tender.
- Remove from grill; let stand 2 minutes.
- Cut vegetables into 1-inch pieces.
- Spoon 2 teaspoons hummus onto each vegetable piece.
- Sprinkle with cheese; top each with 1 olive piece.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:10.79, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:4.9443477755008%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 75.31kcal (3.77%), Fat: 5.64g (8.67%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.89g (0.99%), Cholesterol: 4.21mg (1.4%), Sodium: 164.14mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Vitamin C: 16.13mg (19.55%), Manganese: 0.21mg (10.28%), Vitamin A: 383.77IU (7.68%), Folate: 28.36µg (7.09%), Fiber: 1.71g (6.84%), Vitamin B6: 0.13mg (6.4%), Phosphorus: 62.13mg (6.21%), Copper: 0.12mg (6.19%), Vitamin K: 5.49µg (5.22%), Magnesium: 20.3mg (5.08%), Vitamin B2: 0.08mg (4.99%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.94%), Iron: 0.65mg (3.64%), Calcium: 35.87mg (3.59%), Potassium: 122.86mg (3.51%), Vitamin E: 0.45mg (3%), Selenium: 1.31µg (1.87%), Vitamin B3: 0.36mg (1.8%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.08µg (1.33%)