



HEALTH SCORE

66%

Lemon-Basil Vegetable Kebabs



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 tablespoons tablespoon basil dried fresh chopped



1 small eggplant



2 tablespoons juice of lemon fresh



1 teaspoon olive oil



1 small onion cut into 4 wedges



0.3 teaspoon pepper



1 medium bell pepper red cut into 1 1/2-inch pieces



0.3 teaspoon salt

☐ 1 cup baby squash yellow sliced

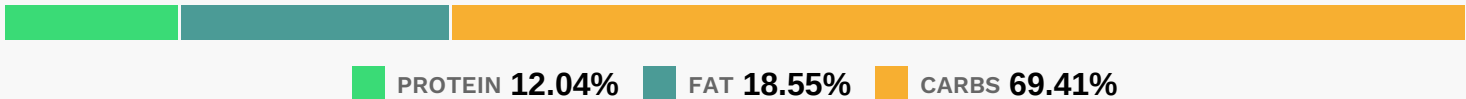
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Peel eggplant; cut in half lengthwise.
- ☐ Cut each half crosswise into 1/2-inch-thick slices.
- ☐ Combine eggplant and next 8 ingredients (eggplant through onion) in a large zip-top plastic bag; seal, and marinate at room temperature 45 minutes, turning bag occasionally.
- ☐ Remove vegetables from bag, reserving marinade.
- ☐ Thread vegetables alternately onto 2 (10-inch) skewers. Prepare grill or broiler.
- ☐ Place kebabs on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until done, basting occasionally with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:111.5, Glycemic Load:3.91, Inflammation Score:-9, Nutrition Score:19.236521689788%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 118.06kcal (5.9%), Fat: 2.79g (4.29%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 14g (5.09%), Sugar: 13.7g (15.22%), Cholesterol: 0mg (0%), Sodium: 300.54mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin C: 99.74mg (120.89%), Vitamin A: 2189.83IU (43.8%), Manganese: 0.81mg (40.54%), Fiber: 9.49g (37.97%), Vitamin B6: 0.54mg (27.15%), Folate: 105.87µg (26.47%), Vitamin K: 26.83µg (25.55%), Potassium: 876.79mg (25.05%), Magnesium: 55.56mg (13.89%), Vitamin E: 2.04mg (13.59%), Vitamin B2: 0.23mg (13.53%), Copper: 0.26mg (12.78%), Vitamin B3: 2.43mg (12.14%), Vitamin B1: 0.17mg (11.3%), Phosphorus: 105.32mg (10.53%), Vitamin B5: 0.99mg (9.92%), Iron: 1.2mg (6.66%), Zinc: 0.77mg (5.16%), Calcium: 48.82mg (4.88%), Selenium: 1.07µg (1.53%)