



Lemon Pesto Vegetable Skewers



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tbsp juice of lemon fresh



1 tbsp lemon zest



2 tbsp olive oil melted



0.5 lb and orange peppers seeded cut into 1 inch chunks



0.3 cup basil pesto homemade store bought (or)



0.5 lb bell pepper red seeded cut into 1 inch chunks



10 servings salt to taste



10 small tomatoes

- ☐ 0.5 lb bell pepper yellow seeded cut into 1 inch chunks
- ☐ 2 lbs to 3 sized squashes yellow cut into 1 inch chunks (or a combination)

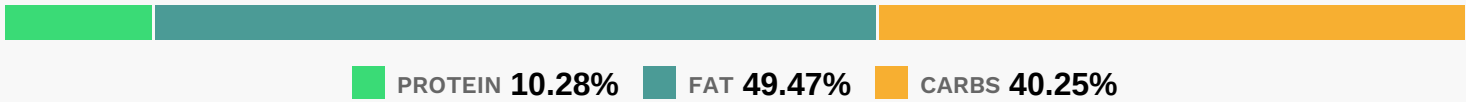
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Save Recipe
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- ☐ Lemon Pesto Vegetable Skewers
- ☐ Ingredients2 lbs zucchini or yellow squash (or a combination), cut into 1 inch chunks1 large yellow pepper (about 1/2 lb.), seeded and cut into 1 inch chunks1 large red pepper (about 1/2 lb.), seeded and cut into 1 inch chunks1 large orange pepper (about 1/2 lb), seeded and cut into 1 inch chunks10–12 small tomatoes – large cherry tomatoes or high lycopene tomatoes work best1/3 cup pesto (homemade or store bought)2 tbsp olive oil or melted butter2 tbsp fresh lemon juice1 tbsp lemon zest
- ☐ Salt to taste
- ☐ You will also need10–12 skewers, a grill
- ☐ Servings: 10–12 skewers
- ☐ Kosher Key: Dairy or Pareve

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:14.354782640934%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 106.5kcal (5.32%), Fat: 6.4g (9.84%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 8.26g (3%), Sugar: 6.66g (7.4%), Cholesterol: 0.66mg (0.22%), Sodium: 279.84mg (12.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 129.5mg (156.97%), Vitamin A: 2572.16IU (51.44%), Vitamin B6: 0.44mg (22.15%), Potassium: 601.26mg (17.18%), Manganese: 0.34mg (17.03%), Folate: 67.4µg (16.85%), Fiber: 3.45g (13.81%), Vitamin K: 13.82µg (13.16%), Vitamin E: 1.73mg (11.51%), Vitamin B2: 0.19mg (11.25%), Magnesium: 33.87mg (8.47%), Vitamin B3: 1.63mg (8.17%), Phosphorus: 73.86mg (7.39%), Vitamin B1: 0.11mg (7.28%), Copper: 0.13mg (6.66%), Iron: 0.94mg (5.19%), Calcium: 42.82mg (4.28%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.57mg (3.82%)