

Marinated Veggies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- 16 large button mushrooms fresh
- 16 cherry tomatoes
- 0.5 clove garlic crushed
- 0.5 cup juice of lemon
- 0.5 cup olive oil
- 0.5 cup bell pepper red sliced
- 0.5 cup onion red sliced
- 0.5 cup soya sauce

- 0.5 cup bell pepper yellow sliced
- 0.5 cup baby squash yellow sliced
- 0.5 cup thickly zucchini sliced

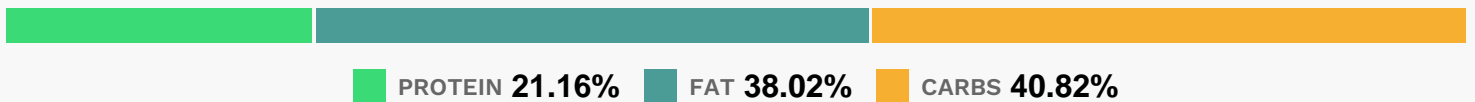
Equipment

- bowl
- grill

Directions

- Place the zucchini, red bell pepper, yellow bell pepper, squash, red onion, mushrooms, and tomatoes in a large bowl.
- In a small bowl, mix together olive oil, soy sauce, lemon juice, and garlic.
- Pour over the vegetables. Cover bowl, and marinate in the refrigerator for 30 minutes.
- Preheat grill for medium heat.
- Lightly oil grate.
- Remove vegetables from marinade, and place on preheated grill. Cook for 12 to 15 minutes, or until tender.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:8.8369566020758%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg 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: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 63.83kcal (3.19%), Fat: 3.04g (4.68%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.88g (2.14%), Sugar: 3.55g (3.95%), Cholesterol: 0mg (0%), Sodium: 817.97mg (35.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin C: 47.01mg (56.99%), Vitamin B2: 0.25mg (14.54%), Vitamin B3: 2.68mg (13.42%), Copper: 0.22mg (10.88%), Potassium: 360.35mg (10.3%), Vitamin A: 507.22IU (10.14%), Vitamin B6: 0.2mg (9.79%), Manganese: 0.19mg (9.75%), Vitamin B5: 0.89mg (8.92%), Phosphorus: 82.62mg (8.26%), Folate: 30.42µg (7.6%), Selenium: 4.72µg (6.75%), Fiber: 1.47g (5.87%), Iron: 0.99mg (5.52%), Vitamin B1: 0.08mg (5.41%), Vitamin E: 0.77mg (5.16%), Magnesium: 19.79mg (4.95%), Vitamin K: 3.62µg (3.45%), Zinc: 0.46mg (3.07%), Calcium: 15.58mg (1.56%)