



Miso Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons mint leaves fresh
- ☐ 8 ounces baby eggplant cut lengthwise into 1/3-inch-thick slices
- ☐ 1 lime cut into wedges
- ☐ 3 tablespoons olive oil
- ☐ 1 orange bell pepper cut into 6 pieces
- ☐ 1 bell pepper red cut into 6 pieces
- ☐ 1 small onion red cut into wedges
- ☐ 1 tablespoon water lukewarm

- ☐ 2 tablespoons white/yellow miso red (soybean paste)
- ☐ 1 pound zucchini cut lengthwise into 1/3-inch-thick slices

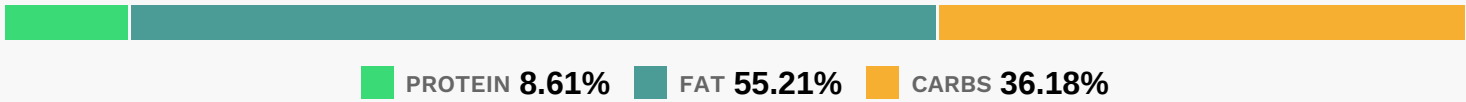
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine miso and 1 tablespoon water. Gradually add oil, stirring with a whisk.
- ☐ Place zucchini, eggplant, and bell peppers on a jelly-roll pan.
- ☐ Add 5 tablespoons miso mixture; toss to coat.
- ☐ Brush onion with remaining miso mixture.
- ☐ Place vegetables on a grill rack coated with cooking spray. Grill zucchini, eggplant, and bell pepper 4 minutes on each side or until tender. Grill onion 6 minutes on each side or until tender.
- ☐ Sprinkle with mint.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:11.803478223474%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 4.97mg, Hesperetin: 4.97mg, Hesperetin: 4.97mg, Hesperetin: 4.97mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 117.57kcal (5.88%), Fat: 7.83g (12.04%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 221.5mg (9.63%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin C: 70.27mg (85.18%), Vitamin A: 1483.53IU (29.67%), Manganese: 0.36mg (17.94%), Vitamin B6: 0.31mg (15.53%), Fiber: 3.79g (15.15%), Folate: 52.06µg (13.01%), Vitamin E: 1.87mg (12.45%), Potassium: 427.18mg (12.21%), Vitamin K: 12.53µg (11.94%), Vitamin B2: 0.14mg (8.45%), Magnesium: 30.24mg (7.56%), Phosphorus: 65.67mg (6.57%), Copper: 0.12mg (6.08%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 1.1mg (5.49%), Iron: 0.91mg (5.04%), Vitamin B5: 0.46mg (4.58%), Zinc: 0.61mg (4.06%), Calcium: 33.6mg (3.36%), Selenium: 0.84µg (1.2%)