



Mixed Vegetable Grill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 8 asparagus spears ends trimmed
- ☐ 1.5 teaspoons basil leaves mccormick®
- ☐ 1.5 teaspoons garlic salt california style mccormick®
- ☐ 0.1 teaspoon ground pepper red mccormick®
- ☐ 2 tablespoons brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon season-all® seasoned salt mccormick®
- ☐ 1 small sweet potatoes and into cut into 1/4-inch rounds

- ☐ 1 medium bell pepper red yellow cut lengthwise into 6 strips
- ☐ 1 medium baby squash yellow cut lengthwise into 1/2-inch slices
- ☐ 1 medium zucchini cut lengthwise into 1/2-inch slices

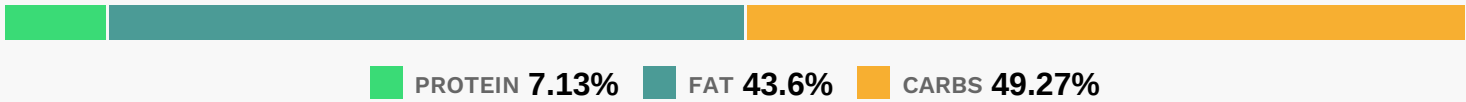
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Mix brown sugar with herb and spices; set aside.
- ☐ Place vegetables in large bowl or pan.
- ☐ Drizzle oil over vegetables; toss to coat.
- ☐ Add half the seasoning mixture; toss to coat. Repeat process until vegetables are well covered.
- ☐ Place vegetables directly on preheated grill or large broiler pan. Grill or broil over medium heat until vegetables are fork-tender, about 10 minutes; turning frequently.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:10.846956750621%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 95.63kcal (4.78%), Fat: 4.92g (7.56%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 10.52g (3.83%), Sugar: 6.73g (7.47%), Cholesterol: 0mg (0%), Sodium: 792.39mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin A: 3424.12IU (68.48%), Vitamin C: 49.55mg (60.06%), Vitamin K: 14.6µg (13.9%), Manganese: 0.23mg (11.67%), Vitamin B6: 0.23mg (11.26%), Potassium: 335.44mg (9.58%), Folate: 36.05µg (9.01%), Fiber: 1.97g (7.9%), Vitamin B2: 0.13mg (7.4%), Vitamin E: 1.06mg (7.07%), Copper: 0.13mg (6.55%), Magnesium: 22.68mg (5.67%), Vitamin B1: 0.08mg (5.57%), Iron: 0.98mg (5.45%), Phosphorus: 51.16mg (5.12%), Vitamin B3: 0.82mg (4.1%), Vitamin B5: 0.39mg (3.88%), Calcium: 27.88mg (2.79%), Zinc: 0.42mg (2.78%), Selenium: 0.86µg (1.24%)