



## Mixed Vegetable Grill with Feta

 Vegetarian  Gluten Free

READY IN



33 min.

SERVINGS



33

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz athenos feta cheese crumbled traditional
- 1 Tbsp olive oil
- 0.5 cup onion rings ()
- 1 Tbsp oregano fresh crushed chopped
- 1 cup pepper strips green ()
- 1 cup tomato wedges
- 2 cups zucchini ()

### Equipment

- grill
- aluminum foil

## Directions

- Mix all ingredients.
- Wrap mixture in double thickness of foil.
- Place on grill over medium coals.
- Grill 10 minutes. Turn packet over. Grill 8 minutes or until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:3.7, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.4456521752088%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 17.22kcal (0.86%), Fat: 1.21g (1.87%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.52g (0.58%), Cholesterol: 3.06mg (1.02%), Sodium: 40.28mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 5.78mg (7%), Vitamin B2: 0.04mg (2.33%), Vitamin B6: 0.05mg (2.25%), Calcium: 22.03mg (2.2%), Vitamin K: 2.28µg (2.17%), Manganese: 0.04mg (1.78%), Phosphorus: 17.35mg (1.74%), Vitamin A: 86.47IU (1.73%), Potassium: 45.8mg (1.31%), Fiber: 0.31g (1.25%), Folate: 4.85µg (1.21%)