



## Mushroom Kabobs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup mushrooms fresh sliced
- 1 teaspoon rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 clove garlic minced
- 1 bell pepper green cut into 1 inch pieces
- 0.3 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 0.3 cup olive oil

2 bell peppers red chopped

0.3 teaspoon salt

## Equipment

bowl

grill

skewers

## Directions

Preheat grill for medium heat.

Thread mushrooms and peppers alternately on skewers.

In a small bowl, mix together olive oil, lemon juice, garlic, thyme, rosemary, and salt and pepper.

Brush mushrooms and peppers with this flavored oil.

Brush grate with oil, and place kabobs on the grill. Baste frequently with oil mixture. Cook for about 4 to 6 minutes, or until mushrooms are tender and thoroughly cooked.

## Nutrition Facts



**PROTEIN 3.93%** **FAT 79.16%** **CARBS 16.91%**

## Properties

Glycemic Index:45.25, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:11.630869558648%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 148.84kcal (7.44%), Fat: 13.83g (21.28%), Saturated Fat: 1.94g (12.09%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 150.11mg (6.53%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin C: 105.2mg (127.52%), Vitamin A: 2022.46IU (40.45%), Vitamin E: 3.01mg (20.06%), Vitamin B6: 0.28mg (13.76%), Vitamin K: 13.46µg (12.82%), Folate: 35.43µg (8.86%), Fiber: 2.15g (8.59%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.16mg (7.93%), Potassium: 253.66mg (7.25%), Vitamin B3: 1.41mg (7.04%), Vitamin B5: 0.51mg (5.08%), Copper: 0.1mg (4.89%), Vitamin B1: 0.07mg (4.51%), Iron: 0.73mg (4.06%), Phosphorus: 39.92mg (3.99%), Magnesium: 14.21mg (3.55%), Selenium: 1.85µg (2.65%), Zinc: 0.31mg (2.09%), Calcium: 14.4mg (1.44%)