



Pretty Pepper Kebabs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small bell pepper green seeded cut into 1-inch pieces
- ☐ 1 small onion cut into wedges
- ☐ 1 small bell pepper red seeded cut into 1-inch pieces
- ☐ 1 small bell pepper yellow seeded cut into 1-inch pieces

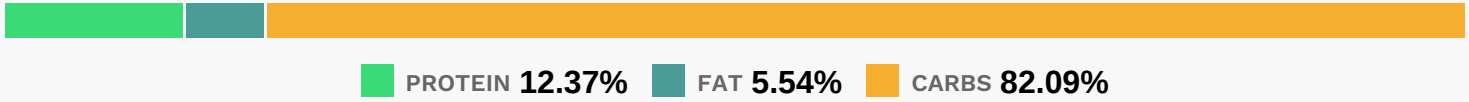
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 8 (6-inch) wooden skewers in water 30 minutes.
- ☐ Prepare grill.
- ☐ Alternately thread vegetables onto skewers. Coat each kebab with cooking spray.
- ☐ Place kebabs on grill rack coated with cooking spray; grill, covered, 10 minutes or until done, turning occasionally.
- ☐ Remove from grill, and serve immediately.
- ☐ Tip: These colorful vegetable kebabs are great for cookouts.
- ☐ Serve them with chicken, beef, or pork, or over rice for a meatless dish.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:6.5108694220367%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 20.5kcal (1.03%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 73.8mg (89.45%), Vitamin A: 685.03IU (13.7%), Vitamin B6: 0.15mg (7.37%), Fiber: 1.17g (4.67%), Folate: 18.5µg (4.62%), Manganese: 0.09mg (4.38%), Potassium: 136.18mg (3.89%), Vitamin E: 0.36mg (2.43%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin K: 2.35µg (2.23%), Copper: 0.04mg (2.1%), Magnesium: 8.04mg (2.01%), Phosphorus: 18.02mg (1.8%), Vitamin B2: 0.03mg (1.78%), Iron: 0.26mg (1.47%), Vitamin B5: 0.13mg (1.3%)