



WHATSheATE



HEALTH SCORE

57%

Rainbow Veggie Skewers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 bell pepper cut into 1-inch pieces



1 carrots peeled cut into 1-inch pieces



8 cauliflower florets



1 stalk celery cut into 1-inch pieces



8 cherry tomatoes



1 cup water

Equipment



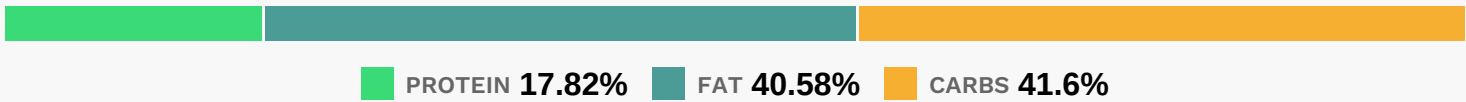
aluminum foil

☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Skewer the vegetables onto a wooden skewer and wrap with aluminum foil.
- ☐ Serve with the hummus.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:14.062173884848%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 126.23kcal (6.31%), Fat: 6.11g (9.4%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 8.75g (3.18%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 263.74mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin A: 3243.01IU (64.86%), Vitamin C: 40.53mg (49.13%), Manganese: 0.6mg (30.01%), Fiber: 5.35g (21.39%), Folate: 83.63µg (20.91%), Copper: 0.37mg (18.63%), Phosphorus: 140.8mg (14.08%), Magnesium: 55.34mg (13.84%), Vitamin B6: 0.27mg (13.47%), Potassium: 398.27mg (11.38%), Iron: 1.97mg (10.95%), Vitamin B1: 0.16mg (10.41%), Vitamin K: 10.65µg (10.15%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.09mg (5.27%), Vitamin B3: 1mg (4.99%), Calcium: 42.9mg (4.29%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.57mg (3.83%), Selenium: 2µg (2.85%)