



## Sensational Foil-Pack Vegetables

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup cherry tomatoes
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 cup mushroom fresh
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red yellow cut into 1-1/2 inch pieces
- 1 zucchini cut into 1-1/2-inch chunks

## Equipment

- grill

aluminum foil

## Directions

Heat grill to medium-high heat.

Combine all ingredients except cheese. Spoon onto center of large sheet heavy-duty foil; fold to make packet.

Grill 8 to 10 min. or until peppers and zucchini are crisp-tender, turning after 4 min.

Cut slits in foil to release steam before carefully opening packet. Top vegetable mixture with cheese.

## Nutrition Facts



## Properties

Glycemic Index:3.95, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.9565217326517%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 14.77kcal (0.74%), Fat: 0.83g (1.28%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.21g (0.44%), Sugar: 1.09g (1.21%), Cholesterol: 0.44mg (0.14%), Sodium: 40mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin C: 11.18mg (13.55%), Vitamin A: 247.71IU (4.95%), Vitamin K: 2.58µg (2.45%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.17%), Potassium: 73.03mg (2.09%), Manganese: 0.04mg (1.77%), Folate: 6.9µg (1.73%), Vitamin B3: 0.32mg (1.6%), Phosphorus: 15.1mg (1.51%), Vitamin E: 0.21mg (1.43%), Copper: 0.03mg (1.39%), Fiber: 0.32g (1.29%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.74µg (1.06%)