



Simple Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground to taste
- 0.5 pound button mushrooms whole
- 0.5 pound cherry tomatoes
- 2 bell peppers green cut into chunks
- 6 servings kosher salt to taste
- 0.5 cup olive oil extra-virgin
- 1 onion red cut into 1/2-inch-thick slices
- 2 zucchinis cut into 1/2-inch slices

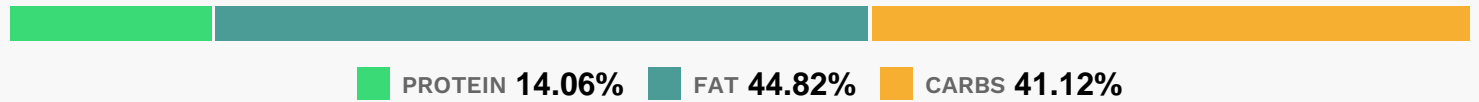
Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Combine zucchinis, green bell peppers, mushrooms, tomatoes, and onion in a large bowl.
- Pour olive oil over vegetables and toss to evenly coat. Season with salt and pepper.
- Grill vegetables on preheated grill until lightly charred, 3 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:10.040434723315%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 73.57kcal (3.68%), Fat: 4.07g (6.26%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.09g (2.21%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 207.08mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 54.36mg (65.89%), Vitamin B6: 0.29mg (14.34%), Vitamin B2: 0.24mg (14%), Potassium: 470.71mg (13.45%), Manganese: 0.26mg (12.92%), Copper: 0.22mg (10.9%), Vitamin B3: 2.07mg (10.37%), Vitamin A: 463.19IU (9.26%), Fiber: 2.31g (9.23%), Vitamin K: 9.21µg (8.77%), Folate: 34.49µg (8.62%), Phosphorus: 81.33mg (8.13%), Vitamin B5: 0.81mg (8.11%), Vitamin B1: 0.1mg (6.99%), Vitamin E: 0.96mg (6.42%), Magnesium: 24.54mg (6.13%), Selenium: 3.93µg (5.62%), Iron: 0.89mg (4.96%), Zinc: 0.54mg (3.62%), Calcium: 24.53mg (2.45%)