



Simple Grilled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 inch portabello mushrooms (1 pound)
- ☐ 4 medium bell pepper red quartered
- ☐ 2 medium onion sweet cut into 4 slices (1 1/4 pounds)

Equipment

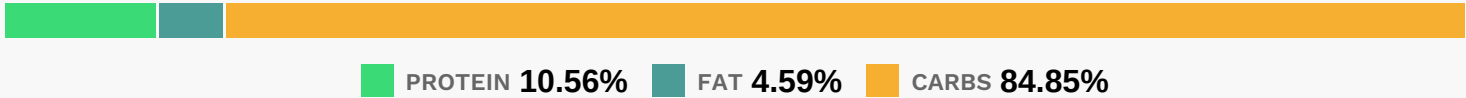
- ☐ baking sheet

☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Arrange mushrooms, gill sides up; bell pepper quarters; and onion slices on a baking sheet. Coat vegetables with cooking spray.
- ☐ Sprinkle evenly with salt and black pepper.
- ☐ Drizzle vinegar over mushrooms.
- ☐ Place vegetables on grill rack; grill 5 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:9.7999998191776%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

Nutrients (% of daily need)

Calories: 45.03kcal (2.25%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.13g (7.93%), Cholesterol: 0mg (0%), Sodium: 155.16mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 80.13mg (97.13%), Vitamin A: 1864.11IU (37.28%), Vitamin B6: 0.28mg (14.14%), Folate: 46.77µg (11.69%), Fiber: 2.03g (8.11%), Manganese: 0.14mg (7.13%), Potassium: 232.86mg (6.65%), Vitamin E: 0.96mg (6.38%), Vitamin B1: 0.07mg (4.46%), Vitamin B2: 0.07mg (4.05%), Phosphorus: 39.85mg (3.99%), Magnesium: 15.06mg (3.76%), Vitamin B3: 0.75mg (3.75%), Vitamin K: 3.27µg (3.11%), Copper: 0.06mg (3.09%), Vitamin B5: 0.29mg (2.85%), Iron: 0.5mg (2.8%), Calcium: 21.93mg (2.19%), Zinc: 0.27mg (1.78%), Selenium: 0.71µg (1.02%)