



Smoky Grilled Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- 1 eggplant sliced into 1/2 inch rounds
- 2 large onions peeled sliced into 1/ roun
- 2 bell peppers red halved seeded
- 1 cup teriyaki sauce
- 4 tablespoons vegetable oil
- 2 bell peppers yellow halved seeded
- 2 zucchini sliced

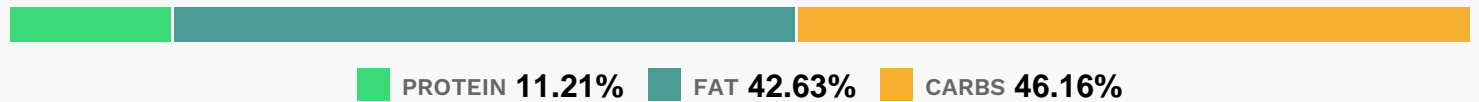
Equipment

grill

Directions

- Brush vegetables with oil to coat.
- Prepare smoker using manufacturer 's instructions using either alder or apple chips.
- Place veggies in single layers on smoker racks. Smoke for about 30 minutes.
- Preheat grill for high heat.
- Brush grate with oil. Arrange vegetables on grill, with the peppers away from the center. Cook for 10 to 15 minutes, turning once. Baste with teriyaki sauce frequently. Vegetables will cook at different rates; remove tender pieces from the grill, and continue cooking until all are done.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:21.799565076828%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 16.67mg, Quercetin: 16.67mg, Quercetin: 16.67mg, Quercetin: 16.67mg

Nutrients (% of daily need)

Calories: 291.12kcal (14.56%), Fat: 14.51g (22.33%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 27.82g (10.12%), Sugar: 22.32g (24.8%), Cholesterol: 0mg (0%), Sodium: 2774.3mg (120.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin C: 210.95mg (255.7%), Vitamin A: 2205.78IU (44.12%), Vitamin K: 36.45µg (34.71%), Vitamin B6: 0.69mg (34.55%), Manganese: 0.67mg (33.61%), Fiber: 7.55g (30.19%), Potassium: 1041.17mg (29.75%), Folate: 111.56µg (27.89%), Magnesium: 99.37mg (24.84%), Phosphorus: 227.1mg (22.71%), Vitamin E: 2.53mg (16.86%), Vitamin B3: 3.3mg (16.49%), Copper: 0.32mg (15.99%), Vitamin B2: 0.27mg (15.92%), Iron: 2.54mg (14.11%), Vitamin B1: 0.19mg (12.91%), Vitamin B5: 1.05mg (10.46%), Calcium: 71.94mg (7.19%), Zinc: 0.95mg (6.31%), Selenium: 1.94µg (2.78%)