



Spicy Chipotle Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- 2 cloves garlic finely chopped
- 1 tablespoon vegetable oil
- 1 teaspoon kosher salt (coarse)
- 2 medium zucchini halved lengthwise cut into 1-inch slices (2 cups)
- 1 small bell pepper red cut into 1-inch pieces (3/4 cup)
- 1 lb asparagus fresh cut into 2-inch pieces (3 1/2 cups)
- 8 oz baby vegetables cut in half
- 1 chipotles in adobo seeds removed, finely chopped canned

- 1 tablespoon orange zest ,grated
- 0.5 cup orange juice

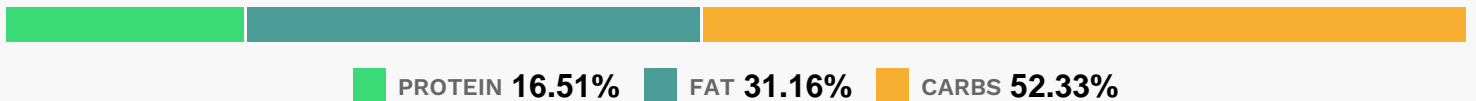
Equipment

- bowl
- grill
- ziploc bags
- wok

Directions

- Heat gas or charcoal grill. In large resealable food-storage plastic bag, place garlic, oil, salt, zucchini, bell pepper, asparagus and squash; seal bag and toss to coat.
- Place vegetables in grill basket (grill "wok").
- Place grill basket on grill over medium heat. Cover grill; cook 15 to 20 minutes, stirring occasionally, until vegetables are crisp-tender.
- Meanwhile, in small bowl, stir together chile, orange peel and orange juice; set aside.
- In large bowl, toss cooked vegetables with orange juice mixture.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:13.043478281602%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 69.7kcal (3.49%), Fat: 2.73g (4.2%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 6.94g (2.52%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 395.62mg (17.2%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Vitamin C: 50.52mg (61.24%), Vitamin K: 40.32µg (38.4%), Vitamin A: 1216.12IU (24.32%), Folate: 78.53µg (19.63%), Manganese: 0.33mg (16.44%), Vitamin B6: 0.27mg (13.74%), Fiber: 3.37g (13.49%), Potassium: 465.59mg (13.3%), Vitamin B1: 0.19mg (12.83%), Iron: 2.19mg (12.19%), Vitamin B2: 0.2mg (11.65%), Copper: 0.23mg (11.57%), Vitamin E: 1.37mg (9.16%), Magnesium: 35.27mg (8.82%), Phosphorus: 86.21mg (8.62%), Vitamin B3: 1.48mg (7.4%), Zinc: 0.78mg (5.22%), Vitamin B5: 0.47mg (4.68%), Calcium: 42.58mg (4.26%), Selenium: 2.13µg (3.04%)