



 **69%**
HEALTH SCORE

Spicy Grilled Veggies

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



1

CALORIES



1057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large bell pepper seeded cut lengthwise into fourths and
- 1 serving boston lettuce
- 0.3 cup butter softened
- 0.3 cup salad dressing italian
- 2 tablespoons lemon pepper
- 1 medium onion cut into 1/2-inch slices
- 1 large potatoes cut lengthwise into fourths
- 1 medium to 3 sized squashes yellow

1 medium zucchini

Equipment

grill

Directions

Heat coals or gas grill for direct heat.

Mix butter and lemon pepper.

Brush on potato, zucchini, squash, bell peppers and onion.

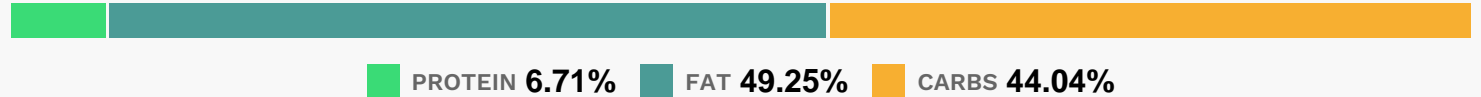
Cover and grill vegetables 4 inches from medium heat 10 to 20 minutes, turning frequently, until tender.

Line platter with lettuce. As vegetables become done, remove from grill to platter.

Sprinkle with dressing.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:221.75, Glycemic Load:57.1, Inflammation Score:-10, Nutrition Score:54.602608958016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 26.99mg, Quercetin: 26.99mg, Quercetin: 26.99mg, Quercetin: 26.99mg

Nutrients (% of daily need)

Calories: 1057.37kcal (52.87%), Fat: 60.88g (93.66%), Saturated Fat: 11.96g (74.78%), Carbohydrates: 122.49g (40.83%), Net Carbohydrates: 98.46g (35.8%), Sugar: 36.96g (41.07%), Cholesterol: 0mg (0%), Sodium: 1180.25mg (51.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.33%), Vitamin C: 569.46mg (690.26%), Vitamin A: 13213.12IU (264.26%), Manganese: 3.31mg (165.71%), Vitamin B6: 3mg (150.01%), Potassium: 3666.29mg (104.75%), Fiber: 24.04g (96.16%), Vitamin K: 91.4µg (87.05%), Folate: 338.04µg (84.51%), Vitamin E: 8.88mg

(59.23%), Magnesium: 229.12mg (57.28%), Vitamin B2: 0.93mg (54.84%), Phosphorus: 517.63mg (51.76%), Vitamin B1: 0.74mg (49.08%), Vitamin B3: 9.3mg (46.49%), Copper: 0.87mg (43.6%), Iron: 7.26mg (40.34%), Vitamin B5: 3.19mg (31.88%), Calcium: 231.47mg (23.15%), Zinc: 3.46mg (23.06%), Selenium: 4.54µg (6.48%)