



HEALTH SCORE

69%

Spicy Grilled Veggies



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup butter softened



2 tablespoons lemon pepper



1 large potatoes cut lengthwise into fourths



1 medium zucchini



1 medium to 3 sized squashes yellow



2 large bell pepper seeded cut lengthwise into fourths and



1 medium onion cut into 1/2-inch slices



1 serving boston lettuce

☐ 0.3 cup salad dressing italian

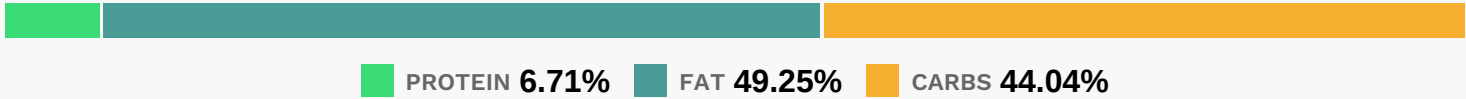
Equipment

☐ 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:110.88, Glycemic Load:28.55, Inflammation Score:-10, Nutrition Score:34.266956618299%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg

Nutrients (% of daily need)

Calories: 528.69kcal (26.43%), Fat: 30.44g (46.83%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 49.23g (17.9%), Sugar: 18.48g (20.53%), Cholesterol: 0mg (0%), Sodium: 590.13mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Vitamin C: 284.73mg (345.13%), Vitamin A: 6606.56IU (132.13%), Manganese: 1.66mg (82.85%), Vitamin B6: 1.5mg (75.01%), Potassium: 1833.15mg (52.38%), Fiber: 12.02g (48.08%), Vitamin K: 45.7µg (43.52%), Folate: 169.02µg (42.25%), Vitamin E: 4.44mg

(29.61%), Magnesium: 114.56mg (28.64%), Vitamin B2: 0.47mg (27.42%), Phosphorus: 258.81mg (25.88%), Vitamin B1: 0.37mg (24.54%), Vitamin B3: 4.65mg (23.24%), Copper: 0.44mg (21.8%), Iron: 3.63mg (20.17%), Vitamin B5: 1.59mg (15.94%), Calcium: 115.74mg (11.57%), Zinc: 1.73mg (11.53%), Selenium: 2.27µg (3.24%)