



HEALTH SCORE

62%

Summer Vegetable Kabobs



Vegetarian



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup wine dry white
- ☐ 3 garlic clove minced
- ☐ 0.3 cup honey
- ☐ 12 inch long breadsticks
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons pepper
- ☐ 1 teaspoon salt

- ☐ 16 cups savory vegetable assorted

Equipment

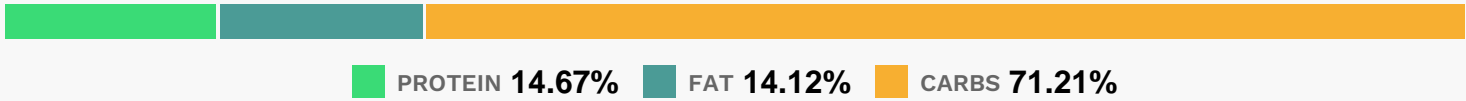
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water 1 hour.
- ☐ Whisk together wine and next 6 ingredients until well blended; reserve 1/4 cup.
- ☐ Combine remaining white wine mixture and vegetables in a large bowl. Cover and chill at least 30 minutes or up to 2 hours.
- ☐ Remove vegetables from marinade, discarding marinade.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread vegetables onto skewers, and grill according to directions in "Guidelines and Cook Times for Vegetable Kabobs" below.
- ☐ Transfer skewers to a platter.
- ☐ Remove vegetables from skewers, if desired.
- ☐ Serve with reserved 1/4 cup white wine mixture.
- ☐ Guidelines and Cook Times for Vegetable Kabobs.
- ☐ Cut vegetables thick so they will stay on skewers as they cook. Thread one type of vegetable onto each skewer, threading so the cut sides lie flat on the cooking grate to ensure even cooking. Grill skewers, covered with grill lid, over 350 to 400 (medium-high) heat according to the times below. Your goal is to achieve tender, slightly charred vegetables.
- ☐ Cut into 3/4-inch rounds; thread onto skewers. Grill time: 7 to 10 minutes on each side or until tender.
- ☐ Remove stems, and thread onto double skewers. Grill time: 6 to 8 minutes on each side or until tender.
- ☐ Cut Japanese eggplant into 3/4-inch rounds.
- ☐ Cut Italian eggplant crosswise into quarters; cut into 3/4-inch slices. Thread onto skewers. Grill time: 5 to 6 minutes on each side or until tender.

- ☐ Cut into 1-inch-thick strips; thread skewers. Grill time: 4 to 5 minutes on each side or until tender.
- ☐ Mushrooms. Prep: Trim stems, and thread onto skewers. Grill time: 3 to 5 minutes on each side or until tender.
- ☐ Cut into wedges, and thread onto skewers. Grill time: 3 or 4 minutes on each side or until lightly charred.
- ☐ Cherry tomatoes. Prep: Thread onto double skewers. Grill time: 1 to 3 minutes on each side or just until skins begin to split.

Nutrition Facts



Properties

Glycemic Index:33.28, Glycemic Load:21.71, Inflammation Score:-10, Nutrition Score:22.644348113433%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 322.53kcal (16.13%), Fat: 5.47g (8.41%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 47.24g (17.18%), Sugar: 9.48g (10.54%), Cholesterol: 0mg (0%), Sodium: 464.05mg (20.18%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 12.79g (25.57%), Vitamin A: 18486.07IU (369.72%), Fiber: 14.82g (59.29%), Manganese: 1.01mg (50.65%), Vitamin C: 38.26mg (46.38%), Vitamin B1: 0.45mg (30.04%), Folate: 106.63µg (26.66%), Vitamin B3: 4.66mg (23.28%), Potassium: 805.08mg (23%), Magnesium: 91.75mg (22.94%), Phosphorus: 226.81mg (22.68%), Iron: 3.68mg (20.44%), Vitamin B6: 0.38mg (18.81%), Vitamin B2: 0.32mg (18.75%), Copper: 0.36mg (18.16%), Zinc: 1.75mg (11.64%), Calcium: 98.1mg (9.81%), Vitamin B5: 0.63mg (6.32%), Selenium: 4.14µg (5.91%), Vitamin E: 0.51mg (3.42%), Vitamin K: 2.77µg (2.64%)