



Summer Veggie Kebabs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons agave syrup
- ☐ 4 baby bell peppers
- ☐ 1 chayote squash seeded cut into 1 1/2-inch chunks
- ☐ 4 flat metal skewers
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 2 large shallots peeled halved
- ☐ 0.3 teaspoon paprika smoked
- ☐ 1 summer squash yellow cut into 1 1/2-inch chunks

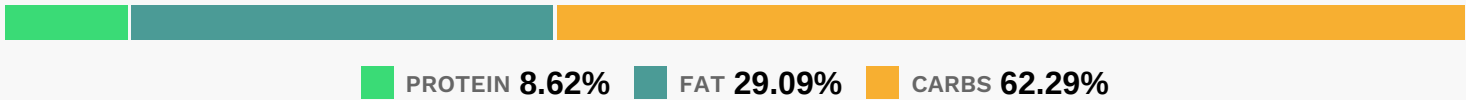
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Carefully arrange the prepared vegetables onto skewers, and put them on a baking sheet.
- ☐ Combine the olive oil, salt, pepper, cumin, paprika, agave and lemon juice in a small bowl.
- ☐ Brush the marinade on the kebabs and let marinate for 15 minutes.
- ☐ Preheat a grill or grill pan to medium heat.
- ☐ Put the skewers on the grill and cook on all sides, about 6 minutes total. Arrange the skewers on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:15.5, Inflammation Score:-6, Nutrition Score:7.7495652618616%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg,

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 159.42kcal (7.97%), Fat: 5.27g (8.11%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 23.24g (8.45%), Sugar: 7.36g (8.18%), Cholesterol: 0mg (0%), Sodium: 340.64mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 33.99mg (41.2%), Manganese: 0.33mg (16.42%), Vitamin A: 697.37IU (13.95%), Folate: 50.48µg (12.62%), Vitamin B6: 0.2mg (10.09%), Fiber: 2.15g (8.59%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.15mg (7.65%), Vitamin K: 7.88µg (7.5%), Vitamin B2: 0.11mg (6.52%), Potassium: 227.54mg (6.5%), Iron: 1.05mg (5.83%), Vitamin B3: 1.11mg (5.56%), Phosphorus: 54.81mg (5.48%), Copper: 0.11mg (5.41%), Magnesium: 21.28mg (5.32%), Calcium: 41.12mg (4.11%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.3mg (3.05%)