



Vegetable Kabobs with Mexican Cheese Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 small potatoes – remove skin red
- ☐ 2 tablespoons water
- ☐ 2 medium zucchini cut into 1-inch pieces
- ☐ 12 mushrooms whole
- ☐ 12 cherry tomatoes
- ☐ 2 tablespoons vegetable oil
- ☐ 8 ounces processed cheese food

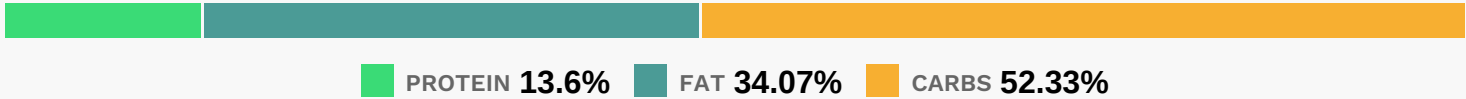
Equipment

- ☐ grill
- ☐ microwave
- ☐ metal skewers

Directions

- ☐ Heat coals or gas grill.
- ☐ Place potatoes and water in 2-quart microwavable casserole. Cover and microwave on High 3 to 6 minutes or until partially cooked; drain.
- ☐ Thread potatoes, zucchini, mushrooms and tomatoes alternately on each of six 15-inch metal skewers, leaving space between each piece.
- ☐ Brush vegetables with oil.
- ☐ Cover and grill kabobs 4 to 6 inches from medium heat about 15 minutes, brushing once with oil, until zucchini is crisp-tender.
- ☐ While kabobs are grilling, heat cheese sauce as directed on jar.
- ☐ Serve with kabobs.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:26.066087152647%

Flavonoids

Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 444.34kcal (22.22%), Fat: 17.41g (26.78%), Saturated Fat: 7.72g (48.22%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 53.09g (19.3%), Sugar: 8.51g (9.46%), Cholesterol: 37.8mg (12.6%), Sodium: 704.04mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Vitamin C: 49.53mg (60.03%), Potassium: 1968.74mg (56.25%), Phosphorus: 518.44mg (51.84%), Calcium: 444.55mg (44.45%), Vitamin B6: 0.77mg (38.67%), Manganese: 0.67mg (33.25%), Copper: 0.66mg (33.06%), Vitamin B3: 5.85mg (29.27%), Fiber: 7.07g (28.29%), Magnesium: 103.1mg (25.77%), Vitamin B2: 0.42mg (24.91%), Vitamin B1: 0.36mg (23.67%), Folate: 91.12µg (22.78%), Vitamin K: 22.94µg (21.85%), Selenium: 13.36µg (19.08%), Iron: 3.39mg (18.86%), Vitamin B5: 1.88mg (18.77%), Zinc: 2.53mg (16.86%), Vitamin A: 677.93IU (13.56%), Vitamin B12: 0.58µg (9.72%), Vitamin E:

0.98mg (6.53%), Vitamin D: 0.31µg (2.05%)