



Vegetable Kabobs with Mexican Cheese Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

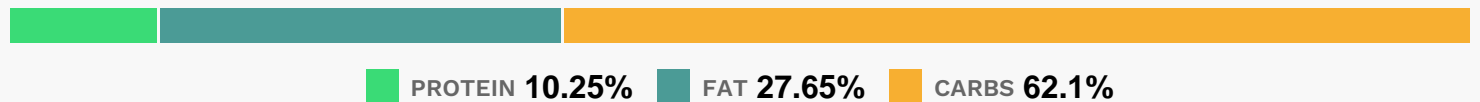
Equipment

- 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:7.83, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:21.236521670352%

Flavonoids

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

Nutrients (% of daily need)

Calories: 378.19kcal (18.91%), Fat: 12.16g (18.7%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 54.37g (19.77%), Sugar: 9.17g (10.19%), Cholesterol: 3.4mg (1.13%), Sodium: 382.75mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.27%), Vitamin C: 49.53mg (60.03%), Potassium: 1918.84mg (54.82%), Vitamin B6: 0.75mg (37.65%), Manganese: 0.65mg (32.48%), Copper: 0.64mg (32.19%), Vitamin B3: 5.83mg (29.13%), Fiber: 7.07g (28.29%), Phosphorus: 276.15mg (27.61%), Magnesium: 93.27mg (23.32%), Vitamin B1: 0.35mg (23.3%), Folate: 88.1µg (22.03%), Vitamin K: 21.96µg (20.91%), Vitamin B2: 0.34mg (19.71%), Iron: 3.16mg (17.53%), Vitamin B5: 1.72mg (17.25%), Zinc: 1.59mg (10.58%), Vitamin A: 523.33IU (10.47%), Selenium: 5.72µg (8.17%), Calcium: 76.53mg (7.65%), Vitamin E: 0.68mg (4.52%)