



Vegetable Kabobs with Mustard Dip

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



9

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 medium bell pepper cut into 6 strips, then cut into thirds (18 pieces)
- 9 large cherry tomatoes
- 1 tablespoon dijon mustard
- 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon garlic salt
- 8 oz mushrooms fresh whole
- 1 teaspoon onion powder

- 0.3 cup cream fat-free sour
- 2 tablespoons vegetable oil
- 1 medium zucchini

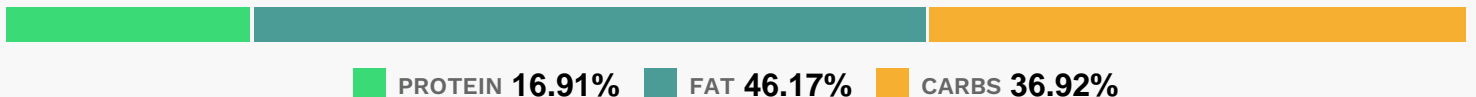
Equipment

- bowl
- grill
- skewers
- metal skewers

Directions

- In small bowl, mix dip ingredients. Cover; refrigerate at least 1 hour.
- Heat gas or charcoal grill. On 5 (12-inch) metal skewers, thread vegetables so that one kind of vegetable is on the same skewer (use 2 skewers for mushrooms); leave space between each piece.
- Brush vegetables with oil.
- Place skewers of bell pepper and zucchini on grill over medium heat. Cover grill; cook 2 minutes.
- Add skewers of mushrooms and tomatoes. Cover grill; cook 4 to 5 minutes, carefully turning skewers every 2 minutes, until vegetables are tender.
- Remove vegetables from skewers to serving plate.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:6.7539130850979%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 60.86kcal (3.04%), Fat: 3.33g (5.12%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.49g (3.88%), Cholesterol: 1.13mg (0.38%), Sodium: 308.52mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin C: 26.04mg (31.56%), Vitamin K: 14.98µg (14.26%), Vitamin A: 602.29IU (12.05%), Vitamin B2: 0.19mg (11.39%), Phosphorus: 77.5mg (7.75%), Potassium: 266.4mg (7.61%), Vitamin B6: 0.13mg (6.4%), Vitamin B3: 1.27mg (6.36%), Vitamin B5: 0.61mg (6.1%), Selenium: 4.19µg (5.99%), Copper: 0.11mg (5.71%), Calcium: 56.48mg (5.65%), Folate: 21.85µg (5.46%), Manganese: 0.1mg (4.76%), Vitamin B1: 0.06mg (4.01%), Fiber: 0.99g (3.95%), Vitamin E: 0.59mg (3.93%), Magnesium: 14.88mg (3.72%), Zinc: 0.5mg (3.34%), Iron: 0.46mg (2.56%), Vitamin B12: 0.15µg (2.44%)