



Vegetable Kebabs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb baby eggplant (4 inches long)
- ☐ 0.8 teaspoon pepper black
- ☐ 0.8 lb cherry tomatoes
- ☐ 10 oz crimini mushrooms trimmed
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup olive oil
- ☐ 1 large onion red cut into 1 1/2-inch pieces
- ☐ 1.5 teaspoons salt

- ☐ 1.3 teaspoons sugar
- ☐ 1 tablespoon balsamic vinegar white (preferably)
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 2 bell pepper yellow cut into 1 1/2-inch pieces
- ☐ 1 lb zucchini

Equipment

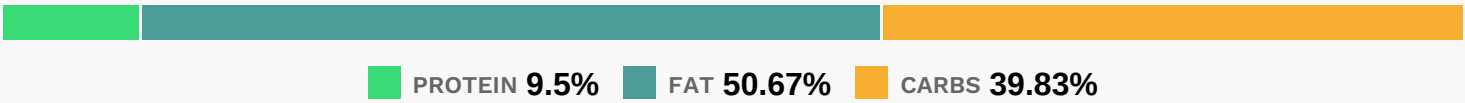
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Whisk together all vinaigrette ingredients in a glass measure until combined.
- ☐ Toss zucchini in a large bowl with 2 teaspoons oil, 1/4 teaspoon salt, and 3/4 teaspoon black pepper. Repeat with remaining vegetables, working with 1 type at a time and keeping each batch separate. Thread vegetables onto skewers (thread zucchini and eggplant horizontally through slices so cut sides will lie flat on grill; leave about 3/4 inch between tomatoes, mushrooms, bell peppers, and onions), using 3 skewers per type of vegetable and not mixing vegetables on any skewer.
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- ☐ Grill kebabs in 2 batches on lightly oiled grill rack, covered only if using gas grill, turning over once, until vegetables are tender (vegetables, except tomatoes, should be lightly browned; tomatoes should be blistered and shriveled), 6 to 10 minutes (timing will vary among vegetables).
- ☐ Transfer skewers as cooked to a platter and, if desired, remove vegetables from skewers.
- ☐ Drizzle with some of vinaigrette and serve remaining vinaigrette on the side.
- ☐ · Vegetables can be threaded onto skewers 1 day ahead and chilled, covered. · If you aren't able to grill outdoors, you can broil vegetable skewers in 2 batches on oiled rack of a broiler

pan 4 to 6 inches from preheated broiler, turning over once, until golden, about 6 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:13.438260743799%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 120.5kcal (6.03%), Fat: 7.2g (11.08%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 9.4g (3.42%), Sugar: 6.6g (7.33%), Cholesterol: 0mg (0%), Sodium: 451.54mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 76.89mg (93.2%), Manganese: 0.42mg (21.01%), Potassium: 624.66mg (17.85%), Copper: 0.33mg (16.41%), Vitamin B2: 0.27mg (15.84%), Vitamin B6: 0.28mg (14.21%), Selenium: 9.94µg (14.19%), Fiber: 3.34g (13.34%), Folate: 50.86µg (12.71%), Vitamin B3: 2.48mg (12.41%), Phosphorus: 103.16mg (10.32%), Vitamin E: 1.46mg (9.71%), Vitamin K: 10.05µg (9.57%), Vitamin B5: 0.93mg (9.33%), Vitamin A: 395.22IU (7.9%), Magnesium: 31.37mg (7.84%), Vitamin B1: 0.11mg (7.48%), Iron: 1.08mg (6.03%), Zinc: 0.81mg (5.4%), Calcium: 34.96mg (3.5%)