



## Veggie Kabobs with Herb and Garlic Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

### Ingredients

- 1 cup bell pepper chunks green red yellow
- 0.5 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes
- 0.3 cup dijon mustard
- 1 cup extra-firm tofu chunks firm
- 2 tablespoons basil leaves fresh chopped
- 2 tablespoons garlic minced
- 0.5 cup juice of lime

- 2 tablespoons maple syrup
- 0.5 cup olive oil
- 1 cup onion chunks red
- 1 cup pineapple chunks
- 2 medium potatoes white red
- 0.5 teaspoon salt
- 1 cup squash chunks yellow
- 0.3 cup water
- 1 cup button mushrooms white

## Equipment

- bowl
- whisk
- grill
- skewers
- wooden skewers

## Directions

- Special equipment: Wooden skewers, soaked in water for 30 minutes
- Cook potatoes in salted water until fork tender; let cool and cut into 1-inch chunks.
- Place potatoes and the vegetables in a shallow dish or container.
- Pour Marinade over vegetables. Cover and refrigerate for 2 hours.
- Preheat an outdoor grill to medium heat.
- Remove vegetables from the Marinade, reserving Marinade. Thread vegetables onto skewers, alternating colors. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved Marinade and turning occasionally.
- Whisk together all ingredients in a small bowl. The marinade can be prepared in advance and held covered in the refrigerator for up to 7 days.

## Nutrition Facts



PROTEIN 13.59% FAT 23.43% CARBS 62.98%

## Properties

Glycemic Index:67.88, Glycemic Load:10.31, Inflammation Score:-8, Nutrition Score:14.212173889513%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

## Nutrients (% of daily need)

Calories: 183.89kcal (9.19%), Fat: 5.08g (7.82%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 26.79g (9.74%), Sugar: 14.51g (16.12%), Cholesterol: 0mg (0%), Sodium: 345.8mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.27%), Vitamin C: 64.87mg (78.63%), Manganese: 0.49mg (24.48%), Vitamin B6: 0.43mg (21.61%), Vitamin A: 1011.78IU (20.24%), Potassium: 665.91mg (19.03%), Fiber: 3.95g (15.81%), Vitamin B2: 0.26mg (15.5%), Copper: 0.31mg (15.37%), Vitamin B1: 0.21mg (13.97%), Phosphorus: 137.2mg (13.72%), Magnesium: 52.11mg (13.03%), Folate: 42.24µg (10.56%), Iron: 1.82mg (10.09%), Vitamin B3: 2mg (10%), Vitamin K: 9.47µg (9.01%), Selenium: 6.07µg (8.68%), Vitamin E: 1.18mg (7.89%), Vitamin B5: 0.66mg (6.56%), Calcium: 63.65mg (6.37%), Zinc: 0.9mg (6.01%)