



Zesty Grilled Vegetables



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



25

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup heinz distilled vinegar white
- ☐ 0.5 cup olive oil extra virgin
- ☐ 3 Tbsp juice of lemon
- ☐ 0.7 oz env. seasons dressing mix italian good
- ☐ 2 lb vegetables mixed fresh green red yellow (, and peppers; new potatoes; zucchini; squash)

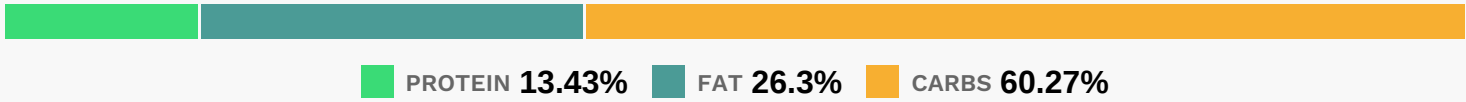
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Mix oil, vinegar, juice and dressing mix in cruet or small bowl as directed on package. Reserve 1/4 cup dressing; refrigerate until ready to use.
- ☐ Pour remaining dressing over vegetables in shallow glass dish. Refrigerate 1 hour to marinate, stirring after 30 min.
- ☐ Drain vegetables; discard marinade.
- ☐ Heat greased grill to medium-high heat. Grill vegetables 8 to 10 min. or until crisp-tender, turning and brushing occasionally with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:3.4230435276809%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.92kcal (1.7%), Fat: 1.06g (1.63%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 76.68mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin A: 1842.78IU (36.86%), Fiber: 1.46g (5.83%), Vitamin C: 4.47mg (5.42%), Manganese: 0.09mg (4.51%), Vitamin B1: 0.04mg (2.98%), Folate: 10.88µg (2.72%), Vitamin B3: 0.46mg (2.28%), Potassium: 78.84mg (2.25%), Magnesium: 8.84mg (2.21%), Phosphorus: 21.66mg (2.17%), Iron: 0.35mg (1.95%), Vitamin B2: 0.03mg (1.83%), Vitamin B6: 0.04mg (1.78%), Copper: 0.03mg (1.71%), Zinc: 0.16mg (1.1%)