



Zesty Grilled Veggies

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 3 pasilla peppers red yellow cut into 1/2-inch-wide strips
- 1.5 lb zucchini

Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Place vegetables in grill basket.
- Grill 10 min. or until crisp-tender, turning occasionally.
- Place in large bowl.
- Add dressing; toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:3.8869564614218%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 22.92kcal (1.15%), Fat: 1.12g (1.72%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.17g (1.3%), Cholesterol: 1.09mg (0.36%), Sodium: 54.12mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 38.86mg (47.1%), Vitamin B6: 0.09mg (4.42%), Manganese: 0.08mg (4.15%), Potassium: 131.4mg (3.75%), Folate: 12.88µg (3.22%), Vitamin K: 3.13µg (2.98%), Phosphorus: 25.58mg (2.56%), Vitamin B2: 0.04mg (2.4%), Vitamin A: 115.61IU (2.31%), Magnesium: 8.85mg (2.21%), Fiber: 0.5g (2%), Copper: 0.04mg (1.91%), Calcium: 18.84mg (1.88%), Vitamin B3: 0.32mg (1.59%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.2mg (1.3%), Iron: 0.22mg (1.23%), Vitamin B5: 0.1mg (1.03%)