



A Nutrition Resource

# GRILLED VEGETABLES

**Yield: 6 Servings | Serving Size: 1 cup plus 1/2 ear of corn  
Cost/serving: \$1.26**

## Ingredients:

- 2 Tablespoons vegetable oil
- 2 garlic cloves, finely chopped
- 3 sweet potatoes, cut into 1/2-inch slices
- 3 corn cobs, cut into 2-inch sections
- 2 zucchinis, cut into 1/2-inch slices
- Salt (optional)
- Pepper (optional)

## Directions:

- 1) Mix oil and garlic in a large bowl. Add vegetables and toss.
- 2) Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice. Test vegetables to make sure they are tender. If not, cook until they are tender. Add salt and pepper, if desired.



## Nutrition Facts

6 servings per container

**Serving size 1 cup plus 1/2 ear  
of corn (198g)**

Amount per serving

**Calories 170**

% Daily Value\*

**Total Fat 5g 6%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 30mg 1%**

**Total Carbohydrate 31g 11%**

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 34mg 2%

Iron 1mg 6%

Potassium 445mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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