

Grilled vegetable skewers

Cuisine: **French**
Food category: **Vegetarian dishes**



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Company: **Retigo**



Program steps

Preheating: 230 °C

1

 Hot air

 0 %

 Termination by time

 00:08
hh:mm

 230 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
zucchini	400	g
fresh peppers	400	g
aubergine	400	g
fresh mushrooms like seps,button, shitake, etc.	400	g
red onion	400	g
herbs	5	g
garlic	50	g
salt	12	g
caster sugar	6	g
olive oil	110	g

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	158.8 kJ
Carbohydrate	10.9 g
Fat	10.6 g
Protein	4 g
Water	0 g

Directions

Clean all the vegetables, cut them into pieces and gradually skewer them. Season with freshly chopped herbs, garlic rubbed with salt, sugar and olive oil.
We grill in a convection oven on a grill tray, which we insert into the chamber before starting the program.

Recommended accessories



Vision Express Grill