



Chargrilled vegetable salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bell pepper red
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp red wine vinegar
- ☐ 1 small garlic clove crushed
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 1 eggplant cut into 1cm rounds
- ☐ 2 slices onion whole red thick sliced
- ☐ 6 sun-dried olives drained in oil

- ☐ 1 handful olives black
- ☐ 1 large handful basil

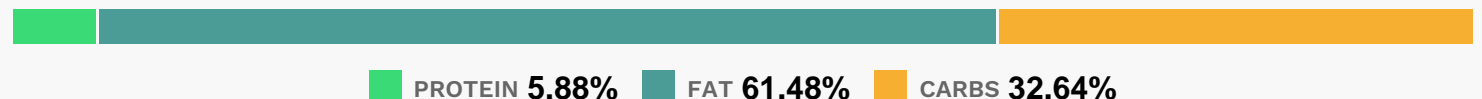
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ First, blacken the peppers all over do this directly over a flame, over hot coals or under a hot grill. When completely blackened, put them in a bowl, cover with a plate and leave to cool.
- ☐ While the peppers are cooling, mix the oil, vinegar, garlic and chilli in a large bowl. On a hot barbecue or griddle pan, chargrill the aubergine, courgette and onions in batches until they have defined grill marks on both sides and are starting to soften. The time will depend on the intensity of your grill, so use your judgement courgettes and red onions are fine still slightly crunchy but you want the aubergine cooked all the way through. As the vegetables are ready, put them straight into the dressing to marinate, breaking the onions up into rings.
- ☐ When the peppers are cool enough to handle, peel, remove the stalk and scrape out the seeds.
- ☐ Cut into strips and toss through the veg with any juice from the bowl.
- ☐ Mix in the tomatoes, olives, basil and seasoning.
- ☐ Drizzle with more oil, if you like, and serve either on its own or with mozzarella or crumbled feta.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:10.256521795107%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 107.43kcal (5.37%), Fat: 7.87g (12.1%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 5.72g (2.08%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 58.55mg (2.55%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 64.59mg (78.29%), Vitamin A: 1379.22IU (27.58%), Fiber: 3.69g (14.75%), Manganese: 0.29mg (14.59%), Vitamin E: 2.05mg (13.64%), Vitamin B6: 0.24mg (11.87%), Vitamin K: 12.2µg (11.62%), Potassium: 363.49mg (10.39%), Folate: 39.35µg (9.84%), Vitamin B3: 1.18mg (5.89%), Copper: 0.12mg (5.77%), Magnesium: 22.32mg (5.58%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.08mg (4.73%), Phosphorus: 41.62mg (4.16%), Vitamin B5: 0.41mg (4.07%), Iron: 0.7mg (3.89%), Zinc: 0.3mg (1.99%), Calcium: 17.42mg (1.74%)