



## Charred Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon champagne vinegar
- 1 pint cherry tomatoes
- 1.5 pounds eggplant cut into (1/2-inch-thick) slices ( 2 medium)
- 0.3 cup basil leaves fresh
- 1 tablespoon chives fresh finely chopped
- 2 garlic cloves minced
- 1 ounce oil-cured olives pitted halved ( 12)

- 3 tablespoons olive oil extra-virgin divided
- 2 bell peppers red halved seeded
- 0.8 teaspoon salt divided
- 0.5 teaspoon sugar
- 1 onion sweet cut into 8 wedges

## Equipment

- whisk
- grill

## Directions

- Preheat grill to medium-high heat.
- Combine first 4 ingredients, 1/4 teaspoon black pepper, 1 tablespoon oil, and 1/4 teaspoon salt.
- Place bell peppers, skin sides down, and onion on grill rack coated with cooking spray; grill 10 minutes. Turn onion; add eggplant to grill.
- Remove bell peppers.
- Place bell peppers in a zip-top bag; seal.
- Let stand 10 minutes. Grill eggplant and onion 5 minutes; remove onion. Turn eggplant; grill 5 minutes.
- Remove eggplant.
- Add tomatoes to a grill basket; grill 5 minutes.
- Remove bell peppers from bag. Peel and discard skins; slice lengthwise.
- Combine 1/4 teaspoon salt, vinegar, and sugar. Slowly add 2 tablespoons oil, stirring with a whisk.
- Combine vegetables, dressing, garlic, and olives.
- Sprinkle with 1/4 teaspoon salt, 1/4 teaspoon pepper, basil, and chives.

## Nutrition Facts



■ PROTEIN 7.42% ■ FAT 47.65% ■ CARBS 44.93%

## Properties

Glycemic Index:38.64, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:10.760434819304%

## Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

## Nutrients (% of daily need)

Calories: 107.47kcal (5.37%), Fat: 6.15g (9.46%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 8.9g (3.24%), Sugar: 8.09g (8.99%), Cholesterol: 0mg (0%), Sodium: 286.45mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 56.02mg (67.9%), Vitamin A: 1311.24IU (26.22%), Manganese: 0.36mg (18.21%), Fiber: 4.15g (16.59%), Vitamin B6: 0.27mg (13.55%), Vitamin E: 1.96mg (13.1%), Vitamin K: 13.55µg (12.91%), Potassium: 446.02mg (12.74%), Folate: 50.65µg (12.66%), Copper: 0.15mg (7.67%), Magnesium: 26.03mg (6.51%), Vitamin B3: 1.24mg (6.19%), Vitamin B1: 0.09mg (6.03%), Phosphorus: 58.15mg (5.82%), Iron: 0.95mg (5.25%), Vitamin B2: 0.08mg (4.73%), Vitamin B5: 0.46mg (4.6%), Calcium: 30.25mg (3.02%), Zinc: 0.37mg (2.45%), Selenium: 0.94µg (1.34%)