Eggplant Mixed Grill

Vegetarian · Vegan · Gluten Free · Dairy Free · Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	6	110 kcal

SIDE DISH

Ingredients

- [ ] 0.8 pound asparagus spears
- [ ] 1 tablespoon balsamic vinegar
- [ ] 0.5 teaspoon pepper black
- [ ] 12 cremini mushroom caps
- [ ] 1 pound eggplant ()
- [ ] 2 tablespoons basil fresh chopped
- [ ] 2 tablespoons parsley fresh chopped
- [ ] 6 garlic cloves minced

- [ ] 1 teaspoon kosher salt
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons oregano fresh chopped
- [ ] 1 bell pepper red cut into 6 wedges
- [ ] 1 onion red
- [ ] 1 bell pepper yellow cut into 6 wedges

Equipment

- [ ] grill
- [ ] ziploc bags

Directions

- [ ] Combine the first 8 ingredients in an extra-large zip-top plastic bag.
- [ ] Cut onion into 6 wedges, leaving root end intact.
- [ ] Add onion and next 5 ingredients (onion through yellow bell pepper) to bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- [ ] Prepare grill.
- [ ] Remove vegetables from bag.
- [ ] Place vegetables on a grill rack coated with cooking spray; grill 6 minutes on each side or until tender.

Nutrition Facts

PROTEIN **13%** FAT **37.4%** CARBS **49.6%**

Properties

Glycemic Index:56.67, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:19.220000224269%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg, Isorhamnetin: 4.15mg

Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg

Nutrients (% of daily need)

Calories: 110.42kcal (5.52%), Fat: 5.14g (7.9%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 9.86g (3.58%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 396.99mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin C: 70.84mg (85.87%), Vitamin K: 65.41µg (62.29%), Manganese: 0.56mg (27.99%), Vitamin A: 1284.07IU (25.68%), Fiber: 5.47g (21.89%), Copper: 0.43mg (21.37%), Vitamin B2: 0.34mg (20.29%), Folate: 80.43µg (20.11%), Selenium: 12.62µg (18.02%), Potassium: 625.23mg (17.86%), Vitamin B6: 0.33mg (16.47%), Vitamin B3: 3.08mg (15.4%), Vitamin E: 2.18mg (14.56%), Iron: 2.6mg (14.42%), Vitamin B1: 0.18mg (12.25%), Phosphorus: 119.83mg (11.98%), Vitamin B5: 1.13mg (11.29%), Magnesium: 35.67mg (8.92%), Zinc: 1.09mg (7.24%), Calcium: 72.21mg (7.22%)