



 **71%**
HEALTH SCORE

Eggplant Mixed Grill

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



150 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 18 spears asparagus fresh trimmed
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black
- 12 crimini mushrooms
- 1 pound eggplant sliced into 1/4 inch rounds
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 6 cloves garlic minced

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

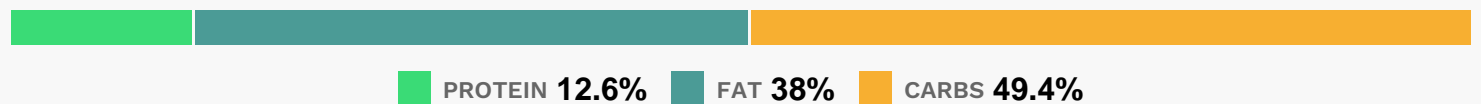
Equipment

- grill
- ziploc bags

Directions

- In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic.
- Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally
- Preheat the grill for high heat.
- Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:18.565217182688%

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: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg

Nutrients (% of daily need)

Calories: 108.68kcal (5.43%), Fat: 5.13g (7.89%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 9.7g (3.53%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 396.82mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin C: 70.36mg (85.28%), Vitamin K: 61.79µg (58.85%), Manganese: 0.55mg (27.3%), Vitamin A: 1218.3IU (24.37%), Fiber: 5.29g (21.16%), Copper: 0.41mg (20.55%), Vitamin B2: 0.33mg (19.57%), Folate: 75.9µg (18.98%), Selenium: 12.42µg (17.74%), Potassium: 607.65mg (17.36%), Vitamin B6: 0.32mg (16.08%), Vitamin B3: 3mg (14.98%), Vitamin E: 2.09mg (13.91%), Iron: 2.41mg (13.38%), Phosphorus: 115.31mg (11.53%), Vitamin B1: 0.17mg (11.42%), Vitamin B5: 1.11mg (11.05%), Magnesium: 34.46mg (8.61%), Calcium: 70.12mg (7.01%), Zinc: 1.04mg (6.93%)