



Grilled Caesar Vegetable Salad

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup caesar dressing
- 0.3 cup parsley fresh chopped
- 4 large portabello mushrooms fresh cut into fourths
- 4 medium to 3 sized squashes yellow cut into 1/2-inch slices
- 2 medium bell pepper cut into 1/2-inch strips
- 3 tablespoons vegetable oil
- 1 cup cherry tomatoes cut into fourths
- 0.3 cup parmesan shredded

Equipment

grill

Directions

Heat coals or gas grill for direct heat.

Mix dressing and parsley; set aside.

Brush mushrooms, yellow squash and bell peppers with oil.

Place vegetables in grill basket or directly on grill rack. Cover and grill 4 to 5 inches from medium heat 5 to 7 minutes, turning occasionally, until vegetables are crisp-tender.

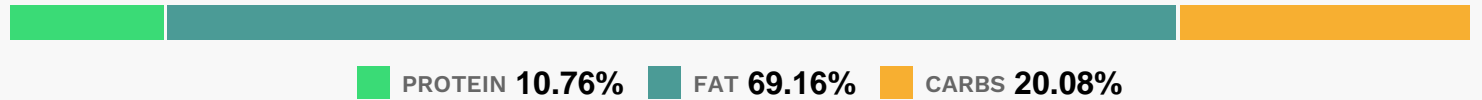
To serve, arrange mushrooms around edge of serving platter and remaining grilled vegetables in center; sprinkle with tomatoes.

Drizzle dressing over vegetables.

Sprinkle with cheese.

Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:27.48130440712%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 302.34kcal (15.12%), Fat: 24.57g (37.8%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 11.07g (4.03%), Sugar: 10.49g (11.65%), Cholesterol: 13.3mg (4.43%), Sodium: 390.52mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 123.02mg (149.11%), Vitamin K: 110.8µg (105.52%), Vitamin A: 2824.74IU (56.49%), Vitamin B6: 0.77mg (38.5%), Potassium: 1060.15mg (30.29%), Folate: 119.25µg (29.81%), Vitamin B2: 0.48mg (28.21%), Vitamin B3: 5.59mg (27.95%), Selenium: 18.45µg (26.36%),

Manganese: 0.52mg (26.09%), Phosphorus: 254.83mg (25.48%), Vitamin E: 3.21mg (21.4%), Fiber: 4.98g (19.92%),
Copper: 0.39mg (19.42%), Vitamin B5: 1.57mg (15.67%), Calcium: 153.42mg (15.34%), Vitamin B1: 0.2mg (13.17%),
Magnesium: 49.75mg (12.44%), Iron: 1.97mg (10.94%), Zinc: 1.51mg (10.04%), Vitamin B12: 0.15µg (2.46%), Vitamin D:
0.31µg (2.09%)