



Grilled Caponata Salad with Grilled Flatbreads

READY IN



42 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces baby zucchini halved lengthwise (8)
- 0.3 teaspoon pepper black freshly ground
- 4 caper with stems, rinsed and drained
- 0.1 teaspoon pepper red crushed
- 1 cup basil fresh
- 4 ounces mozzarella fresh thinly sliced
- 1 garlic clove halved
- 1 large garlic clove minced
- 10 large olive green pitted sliced

- 10 ounces baby eggplant
- 1 tablespoon olive oil
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon orange zest grated
- 0.5 teaspoon oregano fresh minced
- 3 tablespoons pinenuts toasted
- 4 ounce pizza dough fresh halved
- 1 bell pepper red seeded quartered
- 1.5 tablespoons red wine vinegar
- 0.3 teaspoon salt
- 1 small onion sweet cut into 1/2-inch-thick slices
- 2 tomatoes cut into 8 wedges

Equipment

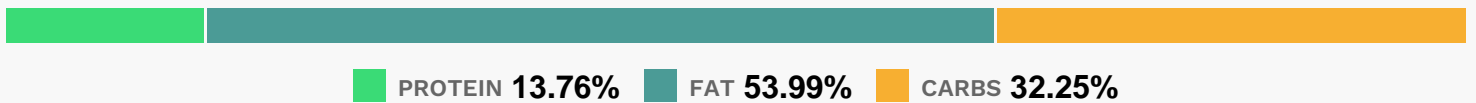
- bowl
- whisk
- grill

Directions

- To prepare dressing, combine first 8 ingredients in a large bowl, stirring with a whisk. Set aside.
- Preheat grill to medium-high heat.
- To prepare flatbreads, turn dough out onto a lightly floured surface; let stand for 15 minutes. Pat each dough portion into a 5-inch circle.
- Brush with 1 tablespoon oil.
- Place dough on grill rack coated with cooking spray; grill 2 minutes on each side or until crisp and well marked.
- Remove from grill; rub top of each flatbread with cut sides of 1 garlic clove. Tear each flatbread in half.

- To prepare salad, lightly coat eggplant and the next 3 ingredients (through onion) with cooking spray. Arrange eggplant and zucchini on grill rack coated with cooking spray; grill 1 1/2 minutes on each side or until tender and well marked. Arrange bell pepper and onion on grill rack; grill 3 minutes on each side or until well marked.
- Separate onion slices into rings.
- Cut the bell pepper into thick strips.
- Add onion, eggplant, zucchini, bell pepper, green olives, and tomato to dressing; toss gently to combine. Arrange the vegetables on a platter. Top with nuts, basil, cheese, and caper berries.
- Serve with flatbreads.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:24.925652369209%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 399.88kcal (19.99%), Fat: 25.2g (38.76%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 27.3g (9.93%), Sugar: 11.95g (13.27%), Cholesterol: 22.4mg (7.47%), Sodium: 715.19mg (31.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.89%), Vitamin C: 83.38mg (101.07%), Manganese: 1.29mg (64.64%), Vitamin A: 2453.64IU (49.07%), Vitamin K: 47.07µg (44.83%), Phosphorus: 291.84mg (29.18%), Potassium: 963.53mg (27.53%), Fiber: 6.56g (26.23%), Vitamin E: 3.8mg (25.36%), Vitamin B6: 0.48mg (23.87%), Calcium: 218.21mg (21.82%), Magnesium: 87.07mg (21.77%), Folate: 84.4µg (21.1%), Copper: 0.38mg (18.81%), Iron: 3.13mg (17.37%), Zinc: 2.5mg (16.69%), Vitamin B2: 0.22mg (12.81%), Vitamin B1: 0.18mg (12.03%), Vitamin B3: 2.3mg (11.51%), Vitamin B12: 0.65µg (10.77%), Selenium: 6.15µg (8.78%), Vitamin B5: 0.84mg (8.36%)