



Grilled Cornbread Salad with Red Onions, Arugula, and Red Wine Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 2 cups basil fresh packed ()
- ☐ 12 ounce cherry tomatoes halved
- ☐ 8 servings monterrey jack cheese with monterey jack cheese
- ☐ 0.5 cucumber english halved lengthwise thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup olives black pitted

- ☐ 8 servings olive oil
- ☐ 2 small onion red cut into 3/4-inch-thick rounds
- ☐ 0.3 cup red wine vinegar
- ☐ 3 tablespoons shallots minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk vinegar, shallots, and mustard in small bowl to blend. Gradually whisk in oil. Season vinaigrette with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring vinaigrette to room temperature and rewhisk before using.)
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Cut cornbread into 4 squares; remove from pan.
- ☐ Cut each square into four 1-inch-wide strips.
- ☐ Brush cornbread strips lightly on all sides with oil. Grill bread just until grill marks appear, about 1 minute per side.
- ☐ Transfer bread to work surface; cool.
- ☐ Brush onion rounds with oil. Grill until tender and golden, turning once, about 6 minutes per side.
- ☐ Transfer to large bowl; cool.
- ☐ Cut bread into 1-inch cubes. Separate onion rounds into rings; return onions to same bowl. (Grilled cornbread and onions can be prepared 4 hours ahead; let stand at room temperature.)
- ☐ Add tomatoes, arugula, basil, cucumber, and olives to bowl with onion rings.
- ☐ Add vinaigrette and toss to coat, then add cornbread and toss gently; serve.

Nutrition Facts



 **PROTEIN 4.44%**  **FAT 80.76%**  **CARBS 14.8%**

Properties

Glycemic Index:29.13, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:8.535652111082%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 6.36mg, Kaempferol: 6.36mg, Kaempferol: 6.36mg, Kaempferol: 6.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 171.7kcal (8.59%), Fat: 15.92g (24.49%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.24g (3.6%), Cholesterol: 0.89mg (0.3%), Sodium: 170.75mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 55.49µg (52.85%), Vitamin A: 1001.28IU (20.03%), Vitamin C: 16.41mg (19.89%), Vitamin E: 2.72mg (18.14%), Manganese: 0.24mg (12.09%), Folate: 36.48µg (9.12%), Potassium: 264.18mg (7.55%), Fiber: 1.75g (7.02%), Calcium: 67.6mg (6.76%), Magnesium: 24.18mg (6.04%), Iron: 1.07mg (5.96%), Vitamin B6: 0.12mg (5.8%), Copper: 0.11mg (5.42%), Phosphorus: 46.04mg (4.6%), Vitamin B1: 0.05mg (3.42%), Vitamin B2: 0.05mg (2.81%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.33mg (2.22%), Vitamin B3: 0.41mg (2.06%), Selenium: 1.34µg (1.92%)