



Grilled Eggplant and Asparagus Salad



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 asparagus spears trimmed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 small eggplants italian cut into 1/ spears
- ☐ 2 cups endive chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese shredded to taste
- ☐ 6 cups romaine lettuce chopped

☐ 4 tomatoes sliced

Equipment

☐ bowl

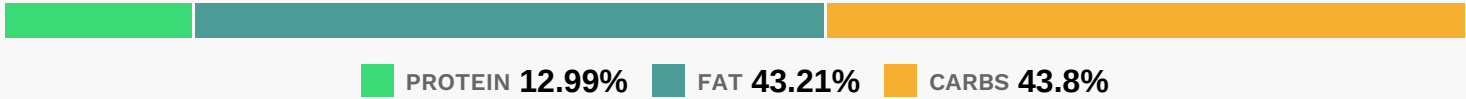
☐ whisk

☐ grill

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Toss asparagus, eggplant, and tomatoes with about 1/2 teaspoon salt.
- ☐ Arrange vegetables on the preheated grill; cook until tender, 5 to 7 minutes per side.
- ☐ Whisk olive oil and vinegar in a bowl until smooth; season to taste with salt and black pepper. Toss romaine, endive, and dressing together in a large bowl.
- ☐ Serve grilled vegetables atop the dressed lettuce mixture; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:31.038260732656%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 20.25mg, Quercetin: 20.25mg, Quercetin: 20.25mg, Quercetin: 20.25mg

Nutrients (% of daily need)

Calories: 231.14kcal (11.56%), Fat: 12.22g (18.8%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 14.57g (5.3%), Sugar: 15.84g (17.6%), Cholesterol: 1.7mg (0.57%), Sodium: 66.55mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.53%), Vitamin K: 207.52µg (197.64%), Vitamin A: 8747.31IU (174.95%), Folate: 266.96µg (66.74%), Manganese: 1.11mg (55.59%), Fiber: 13.31g (53.26%), Vitamin C: 33.5mg

(40.61%), Potassium: 1339.81mg (38.28%), Vitamin E: 4.52mg (30.12%), Copper: 0.56mg (28.14%), Vitamin B1: 0.39mg (25.98%), Iron: 4.64mg (25.76%), Vitamin B6: 0.47mg (23.35%), Vitamin B2: 0.36mg (21.36%), Magnesium: 79.36mg (19.84%), Phosphorus: 198.22mg (19.82%), Vitamin B3: 3.8mg (18.99%), Vitamin B5: 1.44mg (14.42%), Calcium: 132.2mg (13.22%), Zinc: 1.7mg (11.35%), Selenium: 4.53µg (6.47%)