



HEALTH SCORE

82%

Grilled & marinated summer vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 4 pasilla peppers red
- ☐ 3 aubergines thick cut into finger rounds
- ☐ 3 slices courgettes thick
- ☐ 4 onions red thick cut into finger rounds
- ☐ 1 large bunch flat-leaf parsley chopped
- ☐ 2 garlic cloves crushed
- ☐ 5 tbsp sherry vinegar
- ☐ 100 ml olive oil

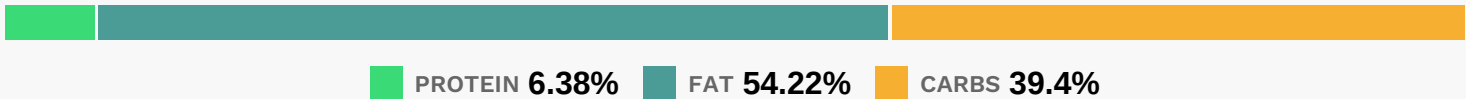
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk dressing ingredients and some seasoning in a large bowl.
- ☐ Heat a griddle pan. Blacken peppers on all sides. Put in a bowl and cover with a plate until cool to touch.
- ☐ Griddle the other veg, without oiling, until charred on each side and softening. As they cook toss them straight into the dressing, separating onions into rings. Peel peppers, reserving the juice in the bowl, deseed and cut into strips. Toss in with the rest of the veg, then strain the juice over. Leave everything to cool, then season. The salad can be kept in the fridge for 2 days, but bring it out a few hrs before serving. Then stir through parsley and garlic.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:2.81, Inflammation Score:-9, Nutrition Score:17.745217276656%

Flavonoids

Delphinidin: 117.74mg, Delphinidin: 117.74mg, Delphinidin: 117.74mg, Delphinidin: 117.74mg Apigenin: 12.29mg, Apigenin: 12.29mg, Apigenin: 12.29mg, Apigenin: 12.29mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 149.9kcal (7.5%), Fat: 9.62g (14.8%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 9.63g (3.5%), Sugar: 8.84g (9.83%), Cholesterol: 0mg (0%), Sodium: 10.72mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin K: 106.43µg (101.36%), Vitamin C: 75.55mg (91.57%), Vitamin A: 2009.06IU (40.18%), Fiber: 6.1g (24.4%), Manganese: 0.46mg (22.84%), Folate: 69.89µg (17.47%), Vitamin E: 2.53mg (16.9%), Vitamin B6: 0.32mg (16.21%), Potassium: 524.13mg (14.98%), Magnesium: 33.19mg

(8.3%), Vitamin B3: 1.5mg (7.51%), Copper: 0.15mg (7.46%), Vitamin B1: 0.11mg (7.13%), Vitamin B2: 0.11mg (6.6%), Phosphorus: 64.07mg (6.41%), Vitamin B5: 0.62mg (6.24%), Iron: 1.07mg (5.96%), Calcium: 35.79mg (3.58%), Zinc: 0.49mg (3.29%), Selenium: 0.78µg (1.11%)