



HEALTH SCORE

61%

Grilled Marinated Vegetable Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 pound green beans fresh
- ☐ 2 medium size bell pepper green
- ☐ 3 tablespoons honey
- ☐ 4 tablespoons olive oil divided
- ☐ 2 medium size and orange peppers
- ☐ 0.5 teaspoon pepper
- ☐ 2 medium size bell pepper red

- ☐ 1 teaspoon salt
- ☐ 2 medium size bell pepper yellow
- ☐ 3 large to 3 sized squashes yellow
- ☐ 3 large zucchini

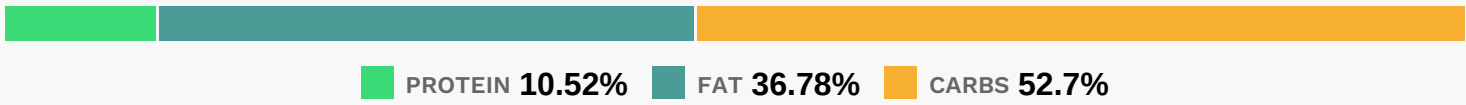
Equipment

- ☐ grill
- ☐ wok

Directions

- ☐ Stir together 1 tablespoon oil, honey, and next 3 ingredients until blended. Set aside.
- ☐ Slice squash and zucchini; cut bell peppers into 1-inch pieces, and trim green beans. Toss squash, zucchini, and bell pepper with 2 tablespoons oil. Toss green beans with remaining 1 tablespoon oil.
- ☐ Grill squash, zucchini, and bell pepper in a grill wok, covered with grill lid, over medium-high heat (350 to 400), stirring occasionally, 5 to 7 minutes or until vegetables are tender.
- ☐ Remove from wok.
- ☐ Grill green beans in grill wok, covered with grill lid, over medium-high heat, stirring occasionally, 5 to 7 minutes or until tender.
- ☐ Toss vegetables with honey mixture; cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:5.56, Inflammation Score:-9, Nutrition Score:18.554348033407%

Flavonoids

Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 141.32kcal (7.07%), Fat: 6.42g (9.88%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 15.78g (5.74%), Sugar: 14.25g (15.84%), Cholesterol: 0mg (0%), Sodium: 249.17mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin C: 163.12mg (197.72%), Vitamin A: 2327.14IU (46.54%), Vitamin B6: 0.67mg (33.34%), Vitamin K: 34.21µg (32.58%), Manganese: 0.57mg (28.59%), Folate: 96.93µg (24.23%), Potassium: 803.33mg (22.95%), Fiber: 4.92g (19.66%), Vitamin B2: 0.33mg (19.5%), Magnesium: 56.89mg (14.22%), Vitamin E: 2.07mg (13.77%), Vitamin B1: 0.17mg (11.56%), Phosphorus: 114.75mg (11.47%), Vitamin B3: 2.04mg (10.21%), Copper: 0.19mg (9.3%), Iron: 1.65mg (9.18%), Vitamin B5: 0.67mg (6.7%), Zinc: 0.91mg (6.06%), Calcium: 57.04mg (5.7%), Selenium: 0.83µg (1.19%)