



HEALTH SCORE

83%

Grilled Marinated Vegetables with Fresh Mozzarella



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium size japanese eggplants trimmed cut lengthwise into 4 strips (1 pound total)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 6 large garlic cloves chopped
- ☐ 18 tablespoons olive oil extra-virgin
- ☐ 4 medium size bell peppers red stemmed seeded cut lengthwise into 6 strips ()
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 16 ounce water-packed mozzarella cheese fresh thinly sliced
- ☐ 6 medium size zucchini trimmed cut lengthwise into 4 strips (1 pound total)

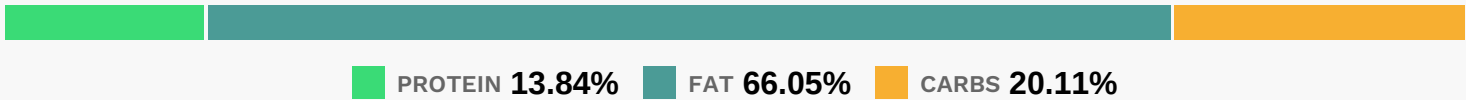
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Spoon 6 tablespoons oil into each of 3 small bowls.
- ☐ Add chopped mint to first bowl.
- ☐ Add basil and half of garlic to second bowl, and add dried crushed red pepper and remaining garlic to third bowl. Season each oil with salt and pepper.
- ☐ Combine zucchini and 2 tablespoons mint marinade in medium bowl; toss to coat.
- ☐ Combine eggplant and 2 tablespoons basil marinade in another bowl; toss to coat.
- ☐ Combine bell peppers and 2 tablespoons crushed-pepper marinade in third bowl; toss to coat. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature, tossing occasionally.)
- ☐ Prepare barbecue (medium-high heat). Grill vegetables until just charred and tender, turning occasionally, about 5 minutes. Arrange vegetables on platter; sprinkle with salt and pepper.
- ☐ Drizzle each with its marinade. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Add cheese to platter and serve.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:29.551304526951%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 432.06kcal (21.6%), Fat: 33.14g (50.99%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 12.9g (4.69%), Sugar: 14.29g (15.88%), Cholesterol: 20.41mg (6.8%), Sodium: 146.42mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Vitamin C: 108.8mg (131.87%), Selenium: 39.83µg (56.9%), Vitamin A: 2378.5IU (47.57%), Manganese: 0.93mg (46.69%), Vitamin E: 6.58mg (43.88%), Vitamin B3: 8.42mg (42.09%), Vitamin B6: 0.82mg (41%), Fiber: 9.8g (39.22%), Vitamin K: 39.61µg (37.72%), Potassium: 1155.4mg (33.01%), Folate: 117.51µg (29.38%), Vitamin B12: 1.46µg (24.29%), Phosphorus: 209.23mg (20.92%), Magnesium: 81.05mg (20.26%), Vitamin B2: 0.33mg (19.29%), Copper: 0.32mg (15.81%), Iron: 2.6mg (14.47%), Vitamin B1: 0.21mg (14.05%), Vitamin B5: 1.24mg (12.37%), Zinc: 1.41mg (9.42%), Calcium: 68.05mg (6.8%), Vitamin D: 0.68µg (4.54%)