



## Grilled Ratatouille Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 small eggplant
- 0.5 cup basil leaves fresh thinly sliced
- 4 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 4 servings pepper freshly ground
- 1 medium bell pepper red
- 1 small onion red
- 1 tablespoon red wine vinegar

- 3 medium tomatoes
- 1 medium zucchini

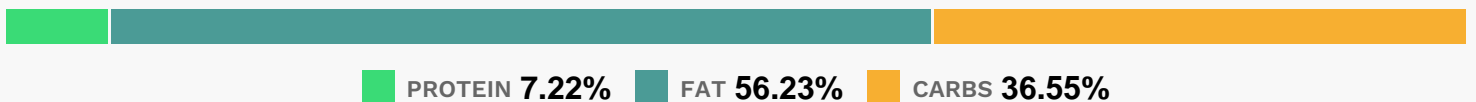
## Equipment

- bowl
- grill
- grill pan

## Directions

- Slice the eggplant into 1/2-inch-thick rounds. Soak in a bowl of lightly salted water, 15 to 20 minutes; drain and squeeze out the excess moisture.
- Meanwhile, slice the tomatoes and zucchini into 1/2-inch-thick rounds. Stem and seed the bell pepper; slice the pepper and onion into 1/2-inch-thick rings.
- Heat a grill or grill pan to medium high.
- Brush the vegetables with the olive oil on both sides and season with 1/2 teaspoon salt and pepper to taste. Grill the vegetables (in batches if necessary), turning, until soft and marked, about 6 minutes for the tomatoes, 7 to 8 minutes for the bell pepper, onion and zucchini, and about 10 minutes for the eggplant.
- Let cool.
- Drizzle the vegetables with the vinegar. Divide the zucchini and eggplant among plates and arrange in a circle, overlapping slightly. Top with the bell pepper, tomato and onion.
- Sprinkle with the basil.
- Photo by Kate Sears

## Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:15.575652106949%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

## **Nutrients (% of daily need)**

Calories: 166.77kcal (8.34%), Fat: 11.19g (17.21%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 10.16g (3.7%), Sugar: 10.12g (11.24%), Cholesterol: 0mg (0%), Sodium: 207.55mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 64.6mg (78.31%), Vitamin A: 1983.6IU (39.67%), Vitamin K: 33.9µg (32.29%), Manganese: 0.58mg (28.79%), Fiber: 6.2g (24.79%), Potassium: 723.44mg (20.67%), Vitamin E: 2.91mg (19.42%), Vitamin B6: 0.37mg (18.72%), Folate: 71.75µg (17.94%), Magnesium: 43.56mg (10.89%), Copper: 0.2mg (10.12%), Vitamin B3: 1.86mg (9.32%), Vitamin B1: 0.13mg (8.71%), Phosphorus: 86.09mg (8.61%), Vitamin B2: 0.14mg (8.3%), Vitamin B5: 0.64mg (6.4%), Iron: 1.06mg (5.9%), Zinc: 0.65mg (4.3%), Calcium: 41.98mg (4.2%)