



Grilled Ratatouille Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



831 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 small eggplant sliced lengthwise into 12-inch-thick strips
- ☐ 12 cup basil fresh
- ☐ 12 teaspoons thyme leaves fresh roughly chopped
- ☐ 1 head garlic halved lengthwise
- ☐ 1 tablespoon kosher salt for seasoning
- ☐ 12 cup olive oil extra-virgin
- ☐ 1 bell pepper red seeded sliced into wide strips

- ☐ 1 large tomatoes ripe
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 baby squash yellow sliced lengthwise into 12-inch-thick strips
- ☐ 1 large zucchini sliced lengthwise into 12-inch-thick strips

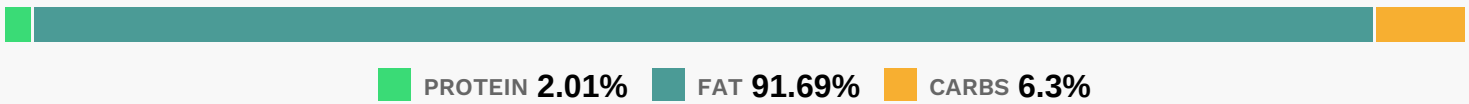
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare an outdoor grill with a hot fire.
- ☐ Grill the tomato and garlic halves, turning as needed, until charred all over, about 6 minutes. Set garlic aside. Wrap tomato in foil and set aside.
- ☐ Brush the zucchini, yellow squash, eggplant slices, and pepper strips generously with the 1/2 cup olive oil. Season with 1 tablespoon salt and black pepper to taste. Grill the vegetables over direct heat until "kissed by the grill" and just tender, 2 to 3 minutes per side.
- ☐ Chop the tomato and put it in a large bowl, along with the skin and juices. Squeeze the garlic from its skin, chop, and add to tomato. Dice the rest of the vegetables into large pieces and add to tomato.
- ☐ Drizzle with the remaining 1 tablespoon olive oil, vinegar, basil, and thyme. Season with salt and pepper to taste and toss gently, taking care not to overwork the vegetables.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:26.375217562136%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 831.09kcal (41.55%), Fat: 87.29g (134.29%), Saturated Fat: 12.07g (75.46%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 1176.76mg (51.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin K: 260.79µg (248.37%), Vitamin E: 13.64mg (90.94%), Vitamin C: 62.94mg (76.29%), Vitamin A: 3787.22IU (75.74%), Manganese: 1.1mg (55.11%), Vitamin B6: 0.45mg (22.58%), Folate: 87.46µg (21.86%), Fiber: 5.42g (21.68%), Potassium: 703.69mg (20.11%), Iron: 3.48mg (19.34%), Copper: 0.35mg (17.6%), Magnesium: 70.33mg (17.58%), Calcium: 136.74mg (13.67%), Vitamin B2: 0.21mg (12.26%), Phosphorus: 102.44mg (10.24%), Vitamin B3: 1.81mg (9.06%), Vitamin B1: 0.12mg (7.95%), Zinc: 1.01mg (6.74%), Vitamin B5: 0.61mg (6.11%), Selenium: 1.24µg (1.77%)