



Grilled Ratatouille Salad with Feta Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



420 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 tablespoons basil fresh
- ☐ 12 ounce eggplant cut into 1/2 inch-thick rounds
- ☐ 0.7 cup feta cheese crumbled
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion cut into 1/ rounds
- ☐ 1 bell pepper red cut lengthwise into 6 strips
- ☐ 1 zucchini quartered

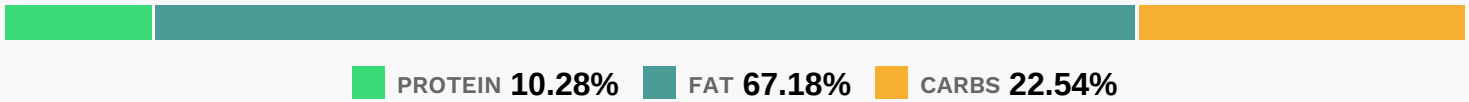
Equipment

- ☐ baking sheet
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Place eggplant, zucchini, red bell pepper and onion on baking sheet.
- ☐ Drizzle with oil and sprinkle with salt and pepper; turn to coat. Grill vegetables until tender and tinged with brown, turning frequently, about 6 minutes for eggplant and zucchini and about 10 minutes for red bell pepper and onion.
- ☐ Divide vegetables between 2 plates; drizzle with vinegar.
- ☐ Sprinkle cheese and basil over and serve.

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:25.956522076026%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 419.65kcal (20.98%), Fat: 32.62g (50.18%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 16.32g (5.93%), Sugar: 14.04g (15.6%), Cholesterol: 44.5mg (14.83%), Sodium: 587.47mg (25.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.47%), Vitamin C: 101.87mg (123.48%), Vitamin A: 2415.67IU (48.31%), Vitamin B2: 0.64mg (37.88%), Vitamin B6: 0.76mg (37.84%), Manganese: 0.75mg (37.46%), Vitamin K: 35.14µg (33.47%), Fiber: 8.3g (33.2%), Vitamin E: 4.71mg (31.39%), Calcium: 299.4mg (29.94%), Folate: 116.12µg (29.03%), Phosphorus: 280.05mg (28.01%), Potassium: 893.86mg (25.54%), Magnesium: 65.47mg

(16.37%), Vitamin B1: 0.25mg (16.37%), Zinc: 2.29mg (15.25%), Vitamin B5: 1.42mg (14.22%), Vitamin B12: 0.85µg (14.08%), Vitamin B3: 2.71mg (13.53%), Copper: 0.25mg (12.31%), Selenium: 8.55µg (12.21%), Iron: 1.67mg (9.26%), Vitamin D: 0.2µg (1.33%)