



Grilled Salad with Zucchini and Feta



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cilantro sprigs
- ☐ 1 teaspoon coriander seeds plus more for garnish toasted ()
- ☐ 2 clove garlic & peeled sliced
- ☐ 2 teaspoon kosher salt divided ()
- ☐ 1 cup olive oil extra-virgin divided ()
- ☐ 1 tablespoon pink peppercorns fresh plus more for garnish ()
- ☐ 1 pound zucchini halved lengthwise (3)

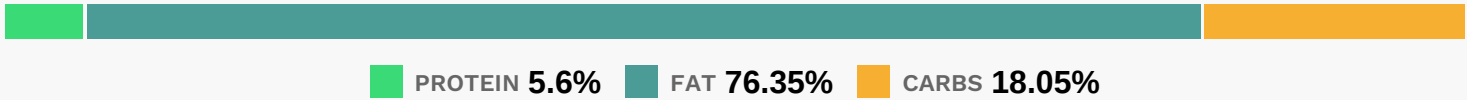
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ wire rack
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place zucchini, cut side up, on a wire rack set in a rimmed baking sheet. Season with 1 teaspoon salt, flip, and let stand until slightly softened and juices are released, about 1 ½ hours; pat dry. Meanwhile, set the grill for medium indirect heat or set a grill pan over medium-high heat.
- ☐ Let the grates or pan get hot.
- ☐ Brush both sides of the zucchini with olive oil and grill, flipping once, until lightly charred and tender, about 15 minutes total.
- ☐ Transfer to a 9-by-13-inch baking dish, cut side up laid out in a single layer.
- ☐ Heat 1 tablespoon of the remaining oil in a small skillet over medium heat.
- ☐ Add sliced shallots and garlic and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Remove the oil from the heat.
- ☐ Sprinkle in 1 tablespoon pink peppercorns, 1 teaspoon coriander seeds, remaining 1 teaspoon salt, vinegar and remaining olive oil.
- ☐ Layer zucchini mixture and feta slices on a serving platter, drizzle with some marinade (to taste, be generous), and garnish with cilantro, coriander seeds and pink peppercorns. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:8.2408694806306%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 11.36g (17.48%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 1174.8mg (51.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Manganese: 0.57mg (28.71%), Vitamin C: 21.95mg (26.61%), Vitamin K: 27.9µg (26.57%), Vitamin E: 1.82mg (12.12%), Vitamin B6: 0.22mg (10.83%), Potassium: 362.73mg (10.36%), Vitamin A: 510.53IU (10.21%), Fiber: 2.12g (8.48%), Folate: 30.17µg (7.54%), Vitamin B2: 0.12mg (7.1%), Magnesium: 27.78mg (6.95%), Copper: 0.11mg (5.63%), Phosphorus: 53.3mg (5.33%), Iron: 0.91mg (5.06%), Vitamin B1: 0.06mg (4.04%), Calcium: 38.99mg (3.9%), Zinc: 0.46mg (3.04%), Vitamin B3: 0.61mg (3.03%), Vitamin B5: 0.3mg (2.98%), Selenium: 0.73µg (1.05%)