



Grilled Sicilian Vegetable Salad with Spicy Gruyère Toast

READY IN



55 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 pound baked ciabatta loaf
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.1 teaspoon mustard dry
- ☐ 1 cup eggplant sliced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 large garlic cloves smashed

- ☐ 0.5 cup gruyère cheese grated
- ☐ 2 teaspoons herb mixture dried italian
- ☐ 6 cups greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup onion red sliced
- ☐ 2 tablespoons romano cheese grated
- ☐ 4 servings salad
- ☐ 0.5 teaspoon sea salt
- ☐ 4 servings gruyère toast
- ☐ 1 cup bell pepper red yellow sliced
- ☐ 0.5 cup baby squash yellow sliced
- ☐ 0.5 cup zucchini sliced

Equipment

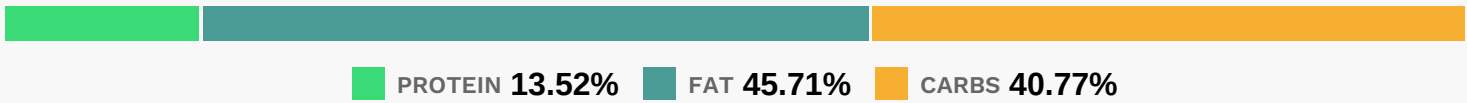
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients (through vinegar) in a small bowl; set aside.
- ☐ Place the vegetables (eggplant through red onion) in an even layer on a large baking pan.
- ☐ Brush vegetables on both sides with marinade; sprinkle with sea salt, then place on prepared grill.
- ☐ Grill for 57 minutes or until lightly browned, brushing with marinade, as needed. Turn vegetables occasionally to brown all sides; when cooked, remove from heat and cut into bite-size pieces. Set aside.

- ☐ Place bread slices on a baking pan lined with parchment paper. Lightly coat with cooking spray.
- ☐ Bake for 46 minutes or until lightly browned.
- ☐ Remove from oven, and rub bread with garlic cloves. Set aside.
- ☐ Combine cheeses, parsley, cayenne, and mustard in a medium bowl.
- ☐ Sprinkle cheese mixture evenly over toast. Return toast to oven, and bake for 5 minutes more or until cheese is browned and bubbly.
- ☐ Divide greens among 4 plates. Top with grilled vegetables, and serve with 1 Gruyre toast.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:17.465652061545%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 391.83kcal (19.59%), Fat: 20.35g (31.31%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 37.68g (13.7%), Sugar: 3.93g (4.37%), Cholesterol: 20.76mg (6.92%), Sodium: 756.38mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Vitamin C: 103.34mg (125.27%), Vitamin K: 49.79µg (47.42%), Vitamin A: 1672.24IU (33.44%), Calcium: 250.49mg (25.05%), Manganese: 0.44mg (21.87%), Phosphorus: 202.16mg (20.22%), Folate: 75.12µg (18.78%), Vitamin B6: 0.31mg (15.7%), Vitamin E: 2.35mg (15.65%), Potassium: 487.91mg (13.94%), Fiber: 3.16g (12.63%), Vitamin B2: 0.18mg (10.66%), Magnesium: 39.74mg (9.93%), Iron: 1.77mg (9.81%), Zinc: 1.26mg (8.38%), Copper: 0.16mg (8.06%), Vitamin B1: 0.1mg (6.86%), Vitamin B3: 1.36mg (6.79%), Selenium: 4.31µg (6.15%), Vitamin B12: 0.29µg (4.87%), Vitamin B5: 0.48mg (4.76%)