



## Grilled Summer Vegetables with Harissa Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 pound eggplant trimmed
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons harissa
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 servings lemon wedges (for garnish)
- ☐ 6 large romaine leaves green
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 1 bell pepper red seeded quartered
- ☐ 4 medium zucchini halved lengthwise

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

## Directions

- ☐ Whisk 1/2 cup oil, lemon juice, and harissa in medium bowl. Season dressing with salt.
- ☐ Prepare barbecue (high heat). Grill bell pepper quarters, skin side down, until skin is blackened all over (do not turn). Reduce heat to medium (if using gas grill) or let coals cool slightly (if using charcoal grill).
- ☐ Pour remaining 3 tablespoons oil onto rimmed baking sheet.
- ☐ Place eggplant rounds and zucchini on prepared sheet; turn to coat.
- ☐ Sprinkle vegetables with salt and pepper. Grill until charred in spots and cooked through, turning occasionally, about 10 minutes. Return vegetables to same sheet. Peel peppers. DO AHEAD: Dressing and vegetables can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Line platter with lettuce.
- ☐ Cut eggplant rounds crosswise in half; arrange in concentric circles atop outside edge of lettuce, leaving center empty.
- ☐ Cut bell pepper and zucchini into 1-inch pieces; mound in center.
- ☐ Drizzle some of dressing over.
- ☐ Sprinkle with cilantro.
- ☐ Serve with lemon wedges; pass additional dressing.

## Nutrition Facts



 **PROTEIN 12.18%**  **FAT 36.8%**  **CARBS 51.02%**

## Properties

Glycemic Index:22.42, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:14.739999952524%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 94.11kcal (4.71%), Fat: 4.3g (6.62%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 7.97g (2.9%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 42.8mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin C: 58.38mg (70.76%), Vitamin A: 2710.71IU (54.21%), Manganese: 0.59mg (29.52%), Fiber: 5.45g (21.81%), Potassium: 702.9mg (20.08%), Vitamin B6: 0.4mg (19.8%), Folate: 75.93µg (18.98%), Vitamin K: 13.43µg (12.79%), Vitamin B2: 0.21mg (12.24%), Magnesium: 45.53mg (11.38%), Vitamin E: 1.45mg (9.65%), Vitamin B1: 0.14mg (9.4%), Phosphorus: 90.51mg (9.05%), Copper: 0.17mg (8.41%), Vitamin B3: 1.65mg (8.25%), Vitamin B5: 0.66mg (6.58%), Iron: 1.09mg (6.07%), Zinc: 0.7mg (4.69%), Calcium: 42.2mg (4.22%), Selenium: 0.79µg (1.13%)