



## Grilled Tri-Colored Pepper & Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup lite balsamic vinaigrette dressing divided kraft
- 1 bell pepper green
- 0.5 lb portobello mushroom caps
- 1 bell pepper red
- 1 bell pepper yellow

### Equipment

- bowl
- grill

## Directions

- Cut peppers into quarters; place in large bowl.
- Add mushrooms and 1/4 cup of the dressing; toss to coat. Meanwhile, preheat grill to medium heat.
- Remove vegetables from dressing; discard dressing. Grill vegetables 8 to 10 min. or until crisp-tender, turning and brushing occasionally with 1/4 cup of the remaining dressing. Slice mushrooms; place in bowl.
- Add peppers and remaining 1/4 cup dressing; toss to coat.

## Nutrition Facts

**PROTEIN 4.12%** **FAT 75.35%** **CARBS 20.53%**

## Properties

Glycemic Index:7, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:8.8143477647201%

## Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 130.96kcal (6.55%), Fat: 11.08g (17.05%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.37g (1.95%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 270.69mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin C: 77.73mg (94.21%), Vitamin A: 734.03IU (14.68%), Vitamin B3: 2.16mg (10.82%), Selenium: 7.11µg (10.16%), Vitamin B6: 0.19mg (9.57%), Potassium: 256.19mg (7.32%), Copper: 0.15mg (7.29%), Folate: 26.85µg (6.71%), Fiber: 1.42g (5.69%), Phosphorus: 54.71mg (5.47%), Vitamin B5: 0.55mg (5.47%), Manganese: 0.1mg (4.78%), Vitamin B2: 0.08mg (4.5%), Vitamin B1: 0.05mg (3.32%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.44µg (2.32%), Zinc: 0.31mg (2.06%), Iron: 0.36mg (2.01%), Magnesium: 6.74mg (1.69%)