



## Grilled Tri-Colored Pepper & Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



39 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:2.1, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:2.6452174076568%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 39.29kcal (1.96%), Fat: 3.33g (5.12%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 81.21mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 23.32mg (28.26%), Vitamin A: 220.21IU (4.4%), Vitamin B3: 0.65mg (3.25%), Selenium: 2.13µg (3.05%), Vitamin B6: 0.06mg (2.87%), Potassium: 76.86mg (2.2%), Copper: 0.04mg (2.19%), Folate: 8.05µg (2.01%), Fiber: 0.43g (1.71%), Phosphorus: 16.41mg (1.64%), Vitamin B5: 0.16mg (1.64%), Manganese: 0.03mg (1.44%), Vitamin B2: 0.02mg (1.35%)