



Grilled Vegetable and Goat Cheese Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 5 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup asian rice cracker snack mix sweet
- ☐ 4 ounce ciabatta bread
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 pound eggplant cut into 1/2-inch-thick slices
- ☐ 4 ounces goat cheese cut into 4 slices

- ☐ 1.5 cups grape tomatoes halved
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 large bell pepper red cut into 6 wedges
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sherry vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place eggplant and bell pepper on a grill rack coated with cooking spray; grill 4 minutes on each side or until tender.
- ☐ Place bell pepper wedges in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel bell pepper wedges. Reserve 2 bell pepper wedges and 2 eggplant slices for Sunday's brunch. Coarsely chop remaining bell pepper and remaining eggplant.
- ☐ Sprinkle with 1/4 teaspoon black pepper.
- ☐ Place bread slices on grill rack; grill 2 minutes on each side or until golden brown.
- ☐ Place remaining 1/4 teaspoon black pepper, vinegar, oil, mustard, and salt in a large bowl; stir well with a whisk.
- ☐ Add eggplant, bell pepper, arugula, tomatoes, and spinach; toss gently to combine. Arrange about 2 1/2 cups salad on each of 4 plates; top each serving with 1 goat cheese slice and 1 tablespoon Sweet Chipotle Snack
- ☐ Mix.
- ☐ Serve each salad with 1 toast slice.

Nutrition Facts



 **PROTEIN 17.51%**  **FAT 37.28%**  **CARBS 45.21%**

Properties

Glycemic Index:57, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:25.400000053903%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 248.37kcal (12.42%), Fat: 10.71g (16.48%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 22.73g (8.27%), Sugar: 8.08g (8.98%), Cholesterol: 13.19mg (4.4%), Sodium: 458.8mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Vitamin K: 196.02µg (186.69%), Vitamin A: 5630.11IU (112.6%), Vitamin C: 74.13mg (89.86%), Manganese: 0.82mg (40.96%), Folate: 138.44µg (34.61%), Fiber: 6.49g (25.94%), Potassium: 735.45mg (21.01%), Vitamin B6: 0.41mg (20.73%), Copper: 0.4mg (20.18%), Vitamin E: 2.65mg (17.65%), Magnesium: 67.05mg (16.76%), Vitamin B2: 0.28mg (16.65%), Phosphorus: 154.26mg (15.43%), Iron: 2.48mg (13.78%), Calcium: 113.32mg (11.33%), Vitamin B3: 2.07mg (10.34%), Vitamin B1: 0.15mg (10.22%), Vitamin B5: 0.78mg (7.8%), Zinc: 0.94mg (6.3%), Selenium: 2.04µg (2.91%)