



HEALTH SCORE

84%

Grilled Vegetable Antipasto



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup balsamic vinegar



1 tablespoon olive oil extravirgin



0.3 cup parsley fresh chopped



6 garlic clove crushed peeled



2 baby eggplant cut in half lengthwise (8 ounces)



2 bell pepper red



0.3 teaspoon salt



2 zucchini cut in half lengthwise (1 pound)

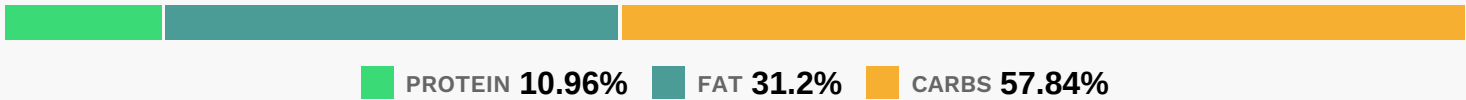
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Place peppers on grill rack; grill 15 minutes or until charred, turning occasionally.
- ☐ Place peppers in a zip-top plastic bag; seal and let stand 15 minutes. Peel peppers; discard seeds and membranes. Coarsely chop peppers; place in a large zip-top plastic bag.
- ☐ Place zucchini and eggplant on grill rack; grill 10 minutes, turning occasionally.
- ☐ Remove zucchini and eggplant from grill; let stand 10 minutes. Coarsely chop zucchini and eggplant; add to chopped peppers.
- ☐ Combine parsley and remaining ingredients, stirring with a whisk.
- ☐ Pour the parsley mixture over pepper mixture. Seal bag; toss gently to coat. Refrigerate at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:18.936086903448%

Flavonoids

Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 113.4kcal (5.67%), Fat: 4.25g (6.53%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 11.88g (4.32%), Sugar: 11.4g (12.66%), Cholesterol: 0mg (0%), Sodium: 164.42mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 102.58mg (124.34%), Vitamin K: 74.77µg (71.21%), Vitamin A: 2401.24IU (48.02%), Manganese: 0.6mg (30.24%), Vitamin B6: 0.49mg (24.35%), Fiber: 5.84g (23.35%), Folate: 81.58µg (20.4%), Potassium: 696.83mg (19.91%), Vitamin E: 1.93mg (12.88%), Magnesium: 45.52mg (11.38%), Vitamin B2: 0.19mg (11.36%), Phosphorus: 91.92mg (9.19%), Vitamin B3: 1.84mg (9.19%), Vitamin B1: 0.13mg (8.84%), Copper: 0.18mg (8.84%), Vitamin B5: 0.75mg (7.48%), Iron: 1.32mg (7.35%), Zinc: 0.75mg (4.99%), Calcium: 47.76mg (4.78%), Selenium: 1.24µg (1.77%)