



Grilled Vegetable, Arugula, and Yellow Tomato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces arugula loosely packed trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon honey
- ☐ 12 ounces bell pepper red
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 large onion sweet cut into (1/4-inch-thick) slices (10 ounces)
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 3 tomatoes yellow cut into 8 wedges (12 ounces)

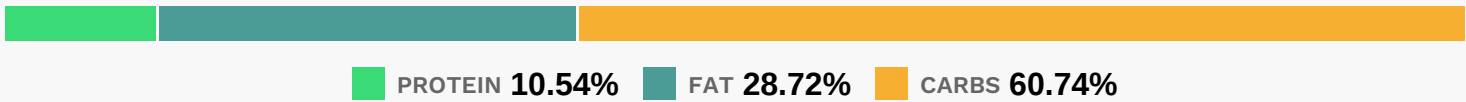
Equipment

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

Directions

- ☐ Prepare grill.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides down, on grill rack coated with cooking spray. Grill 5 minutes on each side or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and cut bell peppers into strips.
- ☐ Place onion on grill; grill 7 minutes on each side or until tender. Cool 5 minutes; cut onion slices in half.
- ☐ Combine bell peppers, onion, arugula, and tomatoes in a large bowl; toss gently to combine.
- ☐ Combine shallots and the remaining ingredients, stirring with a whisk.
- ☐ Drizzle dressing over salad; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:15.306956550349%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 17.13mg, Kaempferol: 17.13mg, Kaempferol: 17.13mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 83.36kcal (4.17%), Fat: 2.89g (4.45%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 11.16g (4.06%), Sugar: 10.06g (11.18%), Cholesterol: 0mg (0%), Sodium: 224.34mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 82.64mg (100.17%), Vitamin A: 2898.2IU (57.96%), Vitamin K: 56.03µg (53.36%), Folate: 86.03µg (21.51%), Manganese: 0.29mg (14.59%), Vitamin B6: 0.28mg (14.23%), Potassium: 382.27mg (10.92%), Fiber: 2.62g (10.47%), Vitamin E: 1.45mg (9.67%), Calcium: 94.58mg (9.46%), Magnesium: 35.99mg (9%), Iron: 1.21mg (6.71%), Vitamin B2: 0.1mg (6.05%), Phosphorus: 58.57mg (5.86%), Vitamin B1: 0.08mg (5.19%), Vitamin B5: 0.46mg (4.57%), Copper: 0.08mg (4.22%), Vitamin B3: 0.8mg (3.97%), Zinc: 0.47mg (3.13%), Selenium: 0.83µg (1.19%)