



Grilled Vegetable Caprese with Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cherry tomatoes
- ☐ 1 pound eggplant
- ☐ 1 ounce basil fresh
- ☐ 2 large garlic
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 ounces mozzarella cheese sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 ounces parmesan fresh grated

- ☐ 1 large onion red cut into 1/2-inch slices
- ☐ 0.3 cup walnuts toasted
- ☐ 2 tablespoons water
- ☐ 0.3 cup balsamic vinegar white
- ☐ 1 pound summer squash yellow cut into 1/2-inch-thick slices
- ☐ 1 pound zucchini cut into 1/2-inch-thick slices
- ☐ 24 inch frangelico

Equipment

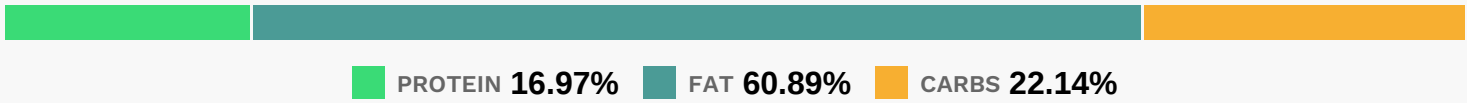
- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ To prepare pesto, drop garlic through food chute with food processor on; process until minced.
- ☐ Add walnuts and basil; process until finely ground.
- ☐ Add cheese and next 3 ingredients (through water); process until smooth.
- ☐ Transfer to a small bowl; cover and chill.
- ☐ To prepare salad, preheat grill to medium-high heat.
- ☐ Place eggplant and onion on grill rack coated with cooking spray; cover and grill 6 to 8 minutes or until tender.
- ☐ Remove from grill.
- ☐ Place zucchini and yellow squash on grill rack; cover and grill 4 to 6 minutes or until tender.
- ☐ Remove from grill.
- ☐ Thread tomatoes evenly onto skewers; coat with cooking spray.
- ☐ Place skewers on grill rack; cover and grill 5 to 7 minutes or until tender.
- ☐ Remove tomatoes from skewers.

- ☐ Arrange vegetables, tomatoes, and cheese on a large platter; drizzle 1/2 cup pesto over salad, and sprinkle with salt.
- ☐ Serve with remaining pesto.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:3.14, Inflammation Score:0, Nutrition Score:18.23739105463%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 291.41kcal (14.57%), Fat: 20.52g (31.57%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 11.85g (4.31%), Sugar: 10.29g (11.44%), Cholesterol: 25.09mg (8.36%), Sodium: 415.01mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.73%), Vitamin C: 41.95mg (50.85%), Manganese: 0.78mg (38.89%), Vitamin K: 35.51µg (33.82%), Calcium: 289.23mg (28.92%), Phosphorus: 267.1mg (26.71%), Vitamin B6: 0.48mg (23.8%), Potassium: 781.65mg (22.33%), Vitamin A: 1046.83IU (20.94%), Fiber: 4.94g (19.75%), Vitamin B2: 0.33mg (19.56%), Folate: 76.97µg (19.24%), Magnesium: 64.53mg (16.13%), Copper: 0.29mg (14.61%), Vitamin E: 2.12mg (14.16%), Zinc: 1.84mg (12.28%), Vitamin B12: 0.65µg (10.87%), Selenium: 7.41µg (10.58%), Vitamin B1: 0.16mg (10.47%), Iron: 1.71mg (9.51%), Vitamin B3: 1.64mg (8.2%), Vitamin B5: 0.69mg (6.9%)