



Grilled Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces baby bella mushrooms trimmed halved
- 5 cloves garlic finely chopped
- 0.3 teaspoon ground pepper black
- 2 tablespoons olive oil plus more for greasing
- 0.3 teaspoon oregano dried
- 1 bell pepper red cut into 1/4-inch-wide strips
- 1 onion red cut into 1/4-inch-thick rings
- 2 tablespoons red wine vinegar

- 0.5 teaspoon salt
- 1 slices zucchini

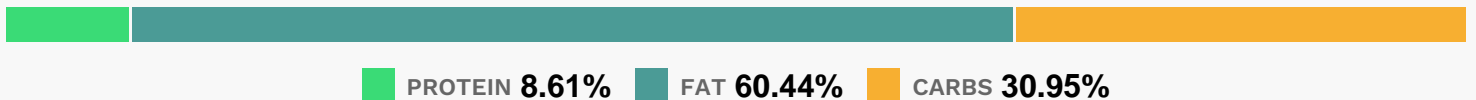
Equipment

- bowl
- whisk
- grill
- grill pan

Directions

- Grease the grill pan by brushing it with some oil. Preheat to medium-high heat.
- Combine the mushrooms, onions, bell peppers and zucchini in a shallow dish.
- Whisk together the vinegar, salt, black pepper, oregano and garlic in a large bowl.
- Whisk in the 2 to 3 tablespoons oil to make the marinade.
- Add the vegetables to the marinade and let stand while the grill pan heats up.
- Place the vegetables on the grill. Turn the vegetables once until they are all slightly charred and cooked through, about 20 minutes.
- Place the vegetables back into a large bowl with any leftover marinade. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:10.736521806406%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 101.17kcal (5.06%), Fat: 7.21g (11.09%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 298.01mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 41.77mg (50.63%), Selenium: 15.46µg (22.08%), Vitamin A: 940.17IU (18.8%), Vitamin B2: 0.32mg (18.7%), Copper: 0.32mg (15.76%), Vitamin B3: 2.52mg (12.61%), Manganese: 0.24mg (12.14%), Vitamin B6: 0.23mg (11.71%), Potassium: 384.79mg (10.99%), Vitamin E: 1.52mg (10.13%), Vitamin B5: 1.01mg (10.09%), Phosphorus: 91.42mg (9.14%), Folate: 34.11µg (8.53%), Vitamin K: 6.93µg (6.6%), Fiber: 1.62g (6.48%), Vitamin B1: 0.09mg (6.1%), Zinc: 0.8mg (5.36%), Iron: 0.62mg (3.44%), Magnesium: 13.67mg (3.42%), Calcium: 29.05mg (2.91%)