



Grilled Vegetable Salad



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



3

CALORIES



469 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 bunch asparagus trimmed cut into bite-size pieces
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 pint cherry tomatoes
- ☐ 0.3 pound feta cheese
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 medium clove garlic chopped
- ☐ 0.3 cup olive oil extra-virgin for brushing
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 1 bell pepper red quartered
- ☐ 1 medium onion red cut into 1/2-inch rings
- ☐ 3 servings salt and pepper black freshly ground
- ☐ 1 bell pepper yellow quartered

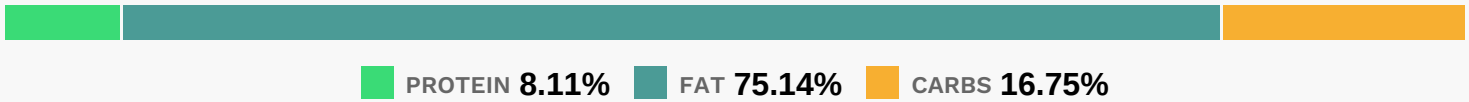
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ In a large bowl, toss the vegetables with olive oil and season with salt and pepper. Grill the vegetables, turning occasionally, until charred and tender, about 5 to 7 minutes.
- ☐ Remove to a platter.
- ☐ Sprinkle with basil and feta.
- ☐ In a small bowl, mix garlic, balsamic vinegar, and olive oil. Season with salt and pepper and drizzle over vegetables.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:26.020869659341%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 19.55mg, Quercetin: 19.55mg, Quercetin: 19.55mg, Quercetin: 19.55mg

Nutrients (% of daily need)

Calories: 469.02kcal (23.45%), Fat: 40.65g (62.54%), Saturated Fat: 9.55g (59.69%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 15.81g (5.75%), Sugar: 9.37g (10.41%), Cholesterol: 33.64mg (11.21%), Sodium: 455.75mg (19.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin C: 167.11mg (202.56%), Vitamin K: 66.13µg (62.98%), Vitamin A: 2925.96IU (58.52%), Vitamin E: 7.06mg (47.06%), Vitamin B2: 0.52mg (30.34%), Vitamin B6: 0.6mg (29.75%), Folate: 108.53µg (27.13%), Manganese: 0.49mg (24.61%), Phosphorus: 244.84mg (24.48%), Calcium: 244.83mg (24.48%), Potassium: 757.63mg (21.65%), Iron: 3.66mg (20.34%), Vitamin B1: 0.27mg (18.29%), Fiber: 4.57g (18.28%), Copper: 0.35mg (17.45%), Vitamin B3: 2.76mg (13.79%), Zinc: 1.98mg (13.18%), Selenium: 8.68µg (12.4%), Magnesium: 47.4mg (11.85%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 1.02mg (10.24%), Vitamin D: 0.15µg (1.01%)