



Grilled Vegetable Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb asparagus
- ☐ 2 ears corn sweet yellow cleaned
- ☐ 0.3 cup olive oil extra virgin
- ☐ 8 servings chicken breast strips/pre-cooked/chopped ripe crumbled sliced chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 1 tsp honey
- ☐ 2 tbsp juice of lemon fresh

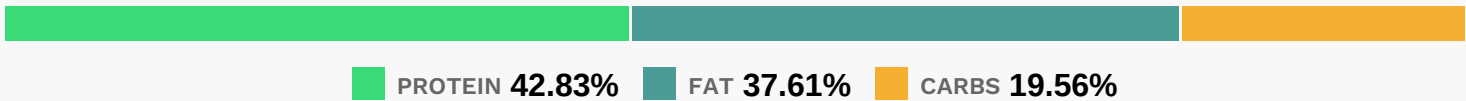
- ☐ 2 cups lettuce shredded green
- ☐ 1 tbsp mayonnaise
- ☐ 0.3 tsp salt
- ☐ 1 lb to 3 sized squashes yellow halved lengthwise (2 medium)
- ☐ 1 lb zucchini halved lengthwise (2 medium)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Grilled Vegetable Salad
- ☐ Salad Ingredients1 lb zucchini (2 medium), halved lengthwise, ends removed1 lb yellow squash (2 medium), halved lengthwise, ends removed1 lb large asparagus spears2 ears sweet yellow corn, shucked and cleaned2 tbsp extra virgin olive oil1 pint cherry or grape tomatoes, halved2 cups green lettuce, shredded1/4 cup chopped fresh basil leaves
- ☐ Dressing Ingredients1/4 cup chopped fresh basil leaves2 tbsp fresh lemon juice1 tbsp mayonnaise1 tsp honey1/4 tsp salt1/4 cup extra virgin olive oil
- ☐ Optional Toppings
- ☐ Chopped ripe avocado, sliced grilled chicken breast, or crumbled feta cheese
- ☐ Total Time: 40 Minutes
- ☐ Servings: 8 side servings, 4 entree servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:40.16, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:22.231304637764%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 277.87kcal (13.89%), Fat: 11.89g (18.29%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.13g (3.68%), Sugar: 7.87g (8.75%), Cholesterol: 72.97mg (24.32%), Sodium: 161.7mg (7.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.92%), Vitamin B3: 13.52mg (67.62%), Vitamin K: 47.05µg (44.81%), Vitamin B6: 0.86mg (42.83%), Vitamin C: 34.69mg (42.05%), Selenium: 25.2µg (36%), Phosphorus: 305.31mg (30.53%), Vitamin A: 1339.33IU (26.79%), Potassium: 861.93mg (24.63%), Manganese: 0.44mg (22.01%), Folate: 87.84µg (21.96%), Vitamin B2: 0.34mg (20.03%), Magnesium: 69.27mg (17.32%), Vitamin B1: 0.26mg (17.25%), Iron: 2.93mg (16.27%), Vitamin E: 2.41mg (16.09%), Fiber: 3.78g (15.13%), Vitamin B5: 1.42mg (14.2%), Copper: 0.26mg (13.18%), Zinc: 1.75mg (11.64%), Calcium: 55.39mg (5.54%), Vitamin B12: 0.29µg (4.85%)