



Grilled Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ears corn fresh husked
- ☐ 1 medium eggplant cut in half lengthwise (1 pound)
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2.5 teaspoons olive oil
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 1 inch onion
- ☐ 1 tablespoon raspberry vinegar

- ☐ 1 large bell pepper red cut into quarters
- ☐ 1 large tomatoes cored unpeeled cut in half crosswise
- ☐ 1 small to 3 sized squashes yellow cut in half lengthwise (1/4 pound)
- ☐ 1 small zucchini cut in half lengthwise (1/4 pound)

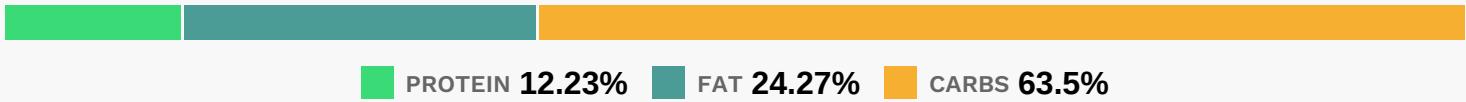
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine rosemary and next 4 ingredients in a bowl; stir with a whisk until blended.
- ☐ Brush ears of corn and the cut surfaces of the remaining vegetables with half of olive oil mixture, and set aside.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals.
- ☐ Place vegetables, cut sides down, on rack. Cook 5 minutes; brush with remaining olive oil mixture. Turn vegetables over, and cook an additional 5 minutes or until tender.
- ☐ Remove from grill; cut each ear of corn into 6 pieces.
- ☐ Cut each onion slice into quarters.
- ☐ Cut remaining vegetable pieces in half.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:15.832173896872%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 120.36kcal (6.02%), Fat: 3.68g (5.67%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 15.28g (5.55%), Sugar: 11.21g (12.46%), Cholesterol: 0mg (0%), Sodium: 16.31mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin C: 74.87mg (90.76%), Vitamin A: 1892.36IU (37.85%), Manganese: 0.57mg (28.58%), Fiber: 6.41g (25.63%), Folate: 85.59µg (21.4%), Potassium: 740.03mg (21.14%), Vitamin B6: 0.42mg (20.82%), Magnesium: 53.5mg (13.37%), Vitamin K: 13.52µg (12.88%), Vitamin B3: 2.49mg (12.47%), Vitamin B1: 0.18mg (12.18%), Vitamin E: 1.7mg (11.34%), Phosphorus: 113.28mg (11.33%), Vitamin B2: 0.18mg (10.67%), Vitamin B5: 0.93mg (9.27%), Copper: 0.19mg (9.26%), Iron: 1.05mg (5.85%), Zinc: 0.76mg (5.08%), Calcium: 29.92mg (2.99%), Selenium: 0.89µg (1.27%)