



HEALTH SCORE

100%

## Grilled Vegetable Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



24 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 pound asparagus
- ☐ 2 baby eggplant cut lengthwise into 4 slices
- ☐ 4 servings goat cheese crumbled
- ☐ 4 small heirloom tomatoes halved
- ☐ 6 cups salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pistachio vinaigrette
- ☐ 1 large bell pepper red seeded cut into 4 wedges

- ☐ 1 large onion red thick cut into slices
- ☐ 0.5 teaspoon salt
- ☐ 2 medium baby squash yellow cut lengthwise into 4 slices
- ☐ 2 medium zucchini cut lengthwise into 4 slices

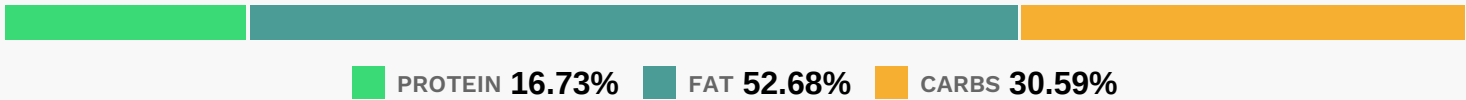
## Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ Preheat grill to medium-high (350 to 400).
- ☐ Combine vegetables in a large bowl, and drizzle with olive oil.
- ☐ Sprinkle with salt, and toss to coat.
- ☐ Grill, on greased grill rack, 5 to 6 minutes on each side, removing vegetables as they become tender.
- ☐ Cut grilled vegetables into bite-size pieces.
- ☐ Toss salad greens with 1/4 cup Pistachio Vinaigrette, and divide among 4 salad plates.
- ☐ Place vegetables on greens, and sprinkle with crumbled goat cheese.
- ☐ Serve with remaining dressing.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:5.52, Inflammation Score:-10, Nutrition Score:39.901304784028%

## Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate:

0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg  
Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin:  
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg  
Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.85mg,  
Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin:  
0.13mg, Myricetin: 0.13mg Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg

Nutrients (% of daily need)

Calories: 429.35kcal (21.47%), Fat: 27.24g (41.9%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 35.59g (11.86%),  
Net Carbohydrates: 22.46g (8.17%), Sugar: 18.42g (20.47%), Cholesterol: 13.8mg (4.6%), Sodium: 438.72mg  
(19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.93%), Vitamin C: 125.51mg (152.13%),  
Vitamin A: 4425.27IU (88.51%), Manganese: 1.43mg (71.32%), Vitamin B6: 1.4mg (69.78%), Vitamin K: 72.34µg  
(68.9%), Copper: 1.09mg (54.65%), Folate: 213.58µg (53.4%), Fiber: 13.13g (52.54%), Potassium: 1740.83mg  
(49.74%), Phosphorus: 438.44mg (43.84%), Vitamin B1: 0.65mg (43.23%), Vitamin B2: 0.68mg (40.08%), Iron:  
5.96mg (33.11%), Magnesium: 128.96mg (32.24%), Vitamin E: 4.71mg (31.38%), Vitamin B3: 4.56mg (22.79%), Zinc:  
2.71mg (18.09%), Calcium: 165.51mg (16.55%), Vitamin B5: 1.65mg (16.46%), Selenium: 6.56µg (9.37%)