



Grilled Vegetable Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces asparagus trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 teaspoons honey

- ☐ 0.5 teaspoon kosher salt
- ☐ 8 inch portobello mushroom caps (6 ounces)
- ☐ 6 tablespoons queso fresco crumbled
- ☐ 1 bell pepper red halved seeded
- ☐ 1 small onion red cut into 1/4-inch-thick slices
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 baby squash yellow cut lengthwise into 1/4-inch-thick slices
- ☐ 1 medium zucchini cut lengthwise into 1/4-inch-thick slices

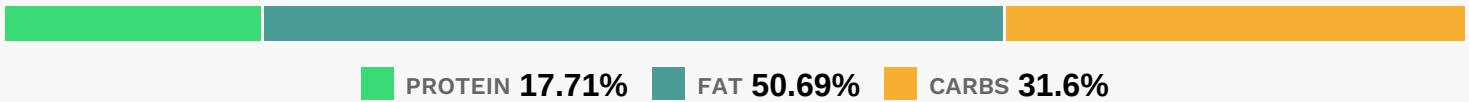
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ To prepare vinaigrette, combine first 6 ingredients in a large bowl; set aside.
- ☐ To prepare salad, coat asparagus, mushrooms, zucchini, squash, onion, and bell pepper with cooking spray.
- ☐ Place vegetables on grill rack; grill 4 minutes on each side or until slightly blackened.
- ☐ Remove vegetables from grill; cool slightly.
- ☐ Cut vegetables into 1-inch pieces.
- ☐ Add vegetables, basil, chives, and parsley to vinaigrette; toss gently to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:11.649999846583%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 103.69kcal (5.18%), Fat: 6.18g (9.51%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.33g (2.3%), Sugar: 5.74g (6.38%), Cholesterol: 10.2mg (3.4%), Sodium: 316.22mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin C: 41.59mg (50.42%), Vitamin K: 35.61µg (33.92%), Vitamin A: 1270.8IU (25.42%), Folate: 53.63µg (13.41%), Vitamin B6: 0.26mg (12.9%), Manganese: 0.25mg (12.61%), Phosphorus: 117.64mg (11.76%), Calcium: 112.34mg (11.23%), Vitamin B2: 0.19mg (10.88%), Potassium: 359.01mg (10.26%), Fiber: 2.34g (9.36%), Vitamin E: 1.23mg (8.18%), Vitamin B1: 0.11mg (7.59%), Iron: 1.34mg (7.43%), Copper: 0.14mg (6.88%), Selenium: 4.76µg (6.8%), Magnesium: 26.04mg (6.51%), Zinc: 0.91mg (6.06%), Vitamin B3: 1.07mg (5.36%), Vitamin B12: 0.25µg (4.17%), Vitamin B5: 0.41mg (4.07%), Vitamin D: 0.41µg (2.73%)