



HEALTH SCORE

82%

Grilled Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 bell peppers red halved seeded
- ☐ 1 large onion red sliced into 1/ slices
- ☐ 0.3 cup red wine vinegar

- ☐ 2 baby squash yellow ends trimmed halved lengthwise
- ☐ 2 zucchini ends trimmed halved lengthwise

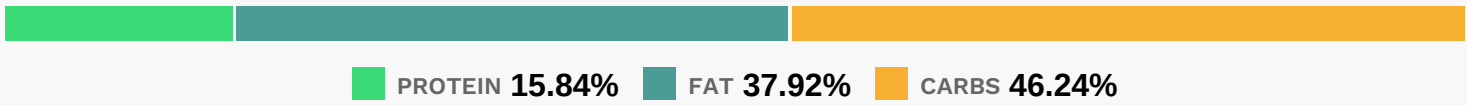
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Arrange asparagus, zucchini, yellow squash, red onion, and red bell peppers on preheated grill; cook until vegetables are tender and slightly charred, 10 to 15 minutes.
- ☐ Remove vegetables from grill and cut into bite-sized pieces.
- ☐ Whisk olive oil, red wine vinegar, Dijon mustard, garlic, salt, and black pepper together in a bowl to make the dressing. Toss vegetables with dressing in a bowl.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:17.550869568535%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 90.56kcal (4.53%), Fat: 4.24g (6.53%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 7.4g (2.69%), Sugar: 6.98g (7.75%), Cholesterol: 0mg (0%), Sodium: 38.84mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 79.38mg (96.22%), Vitamin A: 2077.56IU

(41.55%), Vitamin K: 40.61µg (38.68%), Folate: 95.88µg (23.97%), Vitamin B6: 0.46mg (23.17%), Manganese: 0.45mg (22.68%), Vitamin B2: 0.3mg (17.75%), Potassium: 615.87mg (17.6%), Fiber: 4.25g (16.99%), Vitamin E: 2.17mg (14.47%), Vitamin B1: 0.2mg (13.64%), Iron: 2.42mg (13.45%), Copper: 0.23mg (11.52%), Phosphorus: 109.01mg (10.9%), Magnesium: 41.94mg (10.48%), Vitamin B3: 1.78mg (8.9%), Zinc: 0.96mg (6.42%), Vitamin B5: 0.6mg (6.02%), Calcium: 48.95mg (4.89%), Selenium: 3.06µg (4.37%)