



Grilled Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 chipotle peppers in adobo sauce chopped to taste (or)
- 0.3 cup cilantro leaves chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 6 cups lettuce chopped
- 3 Tbsp heinz mustard yellow
- 1 large onion peeled cut into 1/4-in.-thick slices
- 12 oz roasted peppers red thinly sliced
- 2 medium crookneck squash yellow trimmed cut into 1/4-in.-thick slices

12 oz zucchini trimmed cut into 1/4-in.-thick slices

Equipment

baking sheet

grill

Directions

Heat grill to medium-high heat.

Mix dressing, mustard and chipotle peppers until well blended.

Remove half of the dressing mixture; cover and refrigerate until ready to use.

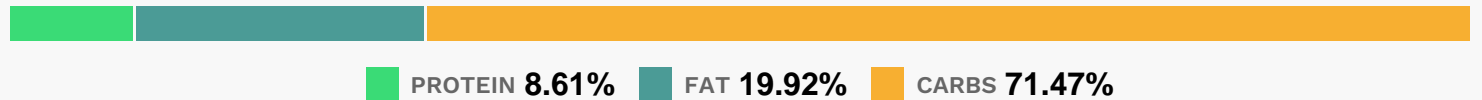
Place zucchini, squash and onion on baking sheet; brush with remaining dressing mixture. Grill 4 min.; carefully turn over. Continue grilling 4 min. or until crisp-tender. Cool slightly.

Cover large serving platter with lettuce; top with grilled vegetables and roasted red peppers.

Drizzle with reserved dressing mixture; sprinkle with cilantro.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:11.142173984776%

Flavonoids

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: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 62.25kcal (3.11%), Fat: 1.53g (2.36%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 9.88g (3.59%), Sugar: 3.59g (3.99%), Cholesterol: 0mg (0%), Sodium: 322.88mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin A: 8220.83IU (164.42%), Vitamin C: 27.95mg (33.88%), Manganese: 0.26mg (12.88%), Potassium: 383.99mg (10.97%), Vitamin K: 10.74µg (10.22%), Fiber: 2.51g

(10.05%), Vitamin B6: 0.2mg (9.86%), Folate: 35.02µg (8.76%), Vitamin E: 1.28mg (8.55%), Magnesium: 34.12mg (8.53%), Vitamin B1: 0.1mg (6.98%), Vitamin B3: 1.13mg (5.64%), Calcium: 53.62mg (5.36%), Iron: 0.92mg (5.11%), Copper: 0.1mg (4.83%), Phosphorus: 44.52mg (4.45%), Vitamin B5: 0.38mg (3.78%), Vitamin B2: 0.05mg (2.67%), Selenium: 1.4µg (2%), Zinc: 0.26mg (1.75%)