



Grilled Vegetable Salad with Feta and Mint

☒ Vegetarian ☒ Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound eggplant
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 medium onion cut into 1/4-inch slices
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 bell pepper red cored cut into 4 pieces

- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 16 ounces zucchini cut lengthwise into 1/4-inch slices

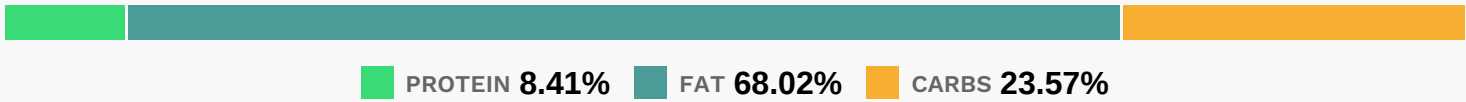
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Arrange the vegetables in a single layer on a tray or work surface. Lightly spray both sides with olive oil cooking spray. Preheat a grill or grill pan over a medium-high heat. Grill the vegetables in batches until both sides are nicely charred and the vegetables are just tender, about 10 minutes for the pepper, about 8 minutes for the eggplant and onion, and about 6 minutes for the zucchini. When the vegetables are cool enough to handle, cut into 1/2-inch pieces and transfer to a large bowl.
- ☐ In a small bowl, whisk together the olive oil, vinegar and oregano.
- ☐ Pour over the vegetables and toss. Season, to taste, with salt and pepper. Gently stir in the tomatoes and mint. Divide the salad between 4 plates and sprinkle with the feta.
- ☐ Excellent source of: Fiber, Vitamin A, Riboflavin, Vitamin B6, Vitamin C, Folate, Manganese, Potassium
- ☐ Good source of: Protein, Thiamin, Vitamin K, Calcium, Copper, Magnesium, Phosphorus

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:18.630434761877%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 281.76kcal (14.09%), Fat: 22.33g (34.35%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 10.98g (3.99%), Sugar: 10.24g (11.38%), Cholesterol: 16.69mg (5.56%), Sodium: 231.15mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin C: 68.95mg (83.57%), Vitamin A: 1698.59IU (33.97%), Manganese: 0.64mg (32.1%), Vitamin B6: 0.52mg (25.77%), Fiber: 6.43g (25.73%), Vitamin E: 3.75mg (25.02%), Vitamin K: 25.95µg (24.71%), Potassium: 782.06mg (22.34%), Folate: 86.48µg (21.62%), Vitamin B2: 0.36mg (20.92%), Phosphorus: 161.33mg (16.13%), Calcium: 144.81mg (14.48%), Magnesium: 53.66mg (13.42%), Vitamin B1: 0.17mg (11.3%), Copper: 0.21mg (10.43%), Vitamin B3: 2.04mg (10.19%), Vitamin B5: 0.91mg (9.06%), Zinc: 1.31mg (8.73%), Iron: 1.46mg (8.14%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.56µg (5.09%)