



Grilled Vegetable Salad with Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 3 tablespoons olive oil divided
- ☐ 1 bell pepper red cut into large pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 onion sweet cut into thin wedges
- ☐ 2 tablespoons balsamic vinegar white

- ☐ 1 baby squash yellow sliced lengthwise cut in half crosswise,
- ☐ 2 zucchini sliced lengthwise cut in half crosswise,

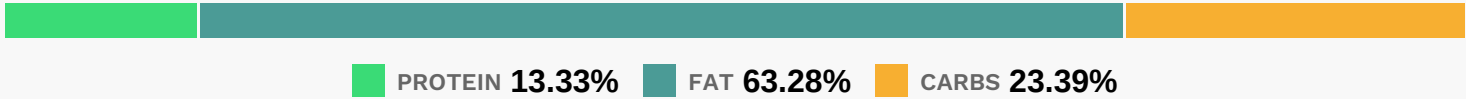
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine zucchini, squash, onion, and bell pepper in a large bowl.
- ☐ Drizzle with 1 tablespoon olive oil, and toss to coat.
- ☐ Grill, uncovered, over medium-high heat (350 to 40
- ☐ for 10 to 12 minutes, turning once, or until just tender.
- ☐ Whisk together vinegar, salt, and pepper in a large bowl; slowly whisk in remaining 2
- ☐ tablespoons olive oil.
- ☐ Add grilled vegetables and basil; toss to coat.
- ☐ Sprinkle with goat cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:15.448261007019%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 233.92kcal (11.7%), Fat: 17.05g (26.22%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 11.24g (4.09%), Sugar: 10.38g (11.54%), Cholesterol: 13.04mg (4.35%), Sodium: 413.76mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin C: 68.19mg (82.66%), Vitamin A: 1598.62IU (31.97%), Vitamin B6: 0.53mg (26.7%), Manganese: 0.42mg (21.01%), Vitamin K: 20.55µg (19.57%), Folate: 74.88µg (18.72%), Vitamin B2: 0.31mg (18.38%), Copper: 0.34mg (17.24%), Potassium: 567.16mg (16.2%), Phosphorus: 160.97mg (16.1%), Vitamin E: 2.24mg (14.92%), Fiber: 2.93g (11.71%), Magnesium: 43.56mg (10.89%), Vitamin B1: 0.14mg (9.2%), Iron: 1.59mg (8.82%), Calcium: 86.73mg (8.67%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.92mg (6.12%), Vitamin B3: 1.22mg (6.09%), Selenium: 1.54µg (2.2%)