



## Grilled-Vegetable Succotash Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup apple cider vinegar
- 1 teaspoon dijon mustard
- 6 ears corn
- 1 eggplant quartered
- 10 oz baby lima beans frozen
- 1 garlic clove minced
- 0.3 cup olive oil
- 0.5 cup olive oil

- 0.3 teaspoon pepper
- 1 bell pepper red seeded cut into 4 pieces
- 1 onion red cut into 1/2-inch rings
- 0.3 teaspoon salt
- 8 servings salt and pepper
- 1 shallots minced
- 0.3 teaspoon sugar
- 2 small zucchini halved lengthwise

## Equipment

- bowl
- whisk
- grill
- metal skewers

## Directions

- Make salad: Preheat grill to medium.
- Brush corn with oil; season with salt and pepper. Grill for 10 minutes. Cool; cut off kernels.
- Place in a large serving bowl.
- Brush zucchini, eggplant, onion and pepper with oil; season with salt and pepper. Push a metal skewer through onion rings horizontally. Grill vegetables, turning often, until softened but firm, about 7 minutes. Cool; cut into chunks and add to bowl.
- Cook lima beans according to package directions; plunge into cold water to stop cooking.
- Add to bowl with vegetables.
- Whisk together all ingredients except oil.
- Pour in oil in a steady stream, whisking constantly.
- Pour over veggies; toss.
- Serve at room temperature.

## Nutrition Facts

PROTEIN 9.68% FAT 45.51% CARBS 44.81%

## Properties

Glycemic Index:42.26, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:12.359565102536%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 242.35kcal (12.12%), Fat: 13.05g (20.08%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 22.73g (8.26%), Sugar: 8.61g (9.56%), Cholesterol: 0mg (0%), Sodium: 307.6mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 34.5mg (41.82%), Manganese: 0.62mg (31.17%), Fiber: 6.19g (24.74%), Potassium: 621.32mg (17.75%), Folate: 68.53µg (17.13%), Magnesium: 60.72mg (15.18%), Vitamin A: 732.32IU (14.65%), Vitamin B6: 0.29mg (14.57%), Vitamin E: 2.18mg (14.54%), Phosphorus: 133.55mg (13.36%), Vitamin B1: 0.2mg (13.26%), Vitamin B3: 2.24mg (11.18%), Vitamin K: 11.45µg (10.9%), Iron: 1.61mg (8.95%), Vitamin B5: 0.85mg (8.49%), Copper: 0.16mg (7.88%), Vitamin B2: 0.13mg (7.68%), Zinc: 0.81mg (5.37%), Calcium: 31.14mg (3.11%), Selenium: 1.78µg (2.54%)