



Grilled Zucchini Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons basil chopped
- ☐ 2 teaspoons brown sugar light packed
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 2 bell pepper red quartered
- ☐ 1.5 pounds zucchini cut lengthwise into 1/4-inch-thick slices

Equipment

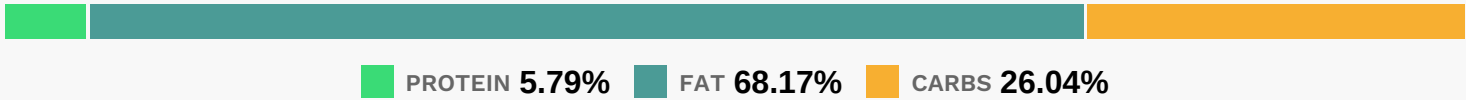
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure, or heat a 2-burner grill pan over medium heat until hot.
- ☐ Toss vegetables with 2 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Grill, turning occasionally, until tender, 6 to 8 minutes total. If using grill pan, grill in batches, 10 to 15 minutes per batch.
- ☐ Transfer peppers to a bowl and let stand, covered, 10 minutes. Peel peppers and cut into 1-inch pieces.
- ☐ Cut zucchini crosswise into 1-inch pieces.
- ☐ Whisk together vinegar, brown sugar, 1/4 teaspoon salt, 1/8 teaspoon pepper, and remaining 2 tablespoons oil in a large bowl. Stir in vegetables and basil.
- ☐ Let stand 15 minutes for flavors to blend.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:15.020869436471%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 178.6kcal (8.93%), Fat: 14.23g (21.89%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.26g (3.37%), Sugar: 9.89g (10.99%), Cholesterol: 0mg (0%), Sodium: 18.7mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 106.79mg (129.44%), Vitamin A: 2255.89IU (45.12%), Vitamin B6: 0.45mg (22.64%), Vitamin K: 22.51µg (21.43%), Vitamin E: 3.1mg (20.64%), Manganese: 0.39mg (19.55%), Folate: 68.89µg (17.22%), Potassium: 584.2mg (16.69%), Vitamin B2: 0.21mg (12.43%), Fiber: 2.97g

(11.87%), Magnesium: 39.54mg (9.88%), Phosphorus: 82.27mg (8.23%), Vitamin B1: 0.11mg (7.27%), Vitamin B3: 1.36mg (6.8%), Iron: 1.06mg (5.91%), Vitamin B5: 0.54mg (5.4%), Copper: 0.11mg (5.36%), Zinc: 0.71mg (4.72%), Calcium: 37.11mg (3.71%)