



Herb Grilled Vegetable Pasta Salad

READY IN



100 min.

SERVINGS



22

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cup balsamic vinaigrette
- 1.5 lb eggplant cut lengthwise into 1/2-inch slices
- 16 oz rotini pasta
- 1 medium bell pepper green cut into 3 pieces
- 1 tablespoon seasoning italian
- 1 medium onion cut into 1/2-inch slices
- 0.5 cup parmesan shredded
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

1 medium zucchini cut in half lengthwise

Equipment

bowl

grill

ziploc bags

wok

Directions

In large nonmetal dish or 2-gallon resealable food-storage plastic bag, mix dressing, Italian seasoning, bell pepper, zucchini, eggplant and onion; turn to coat. Cover, or seal bag; let stand 1 hour to blend flavors.

Meanwhile, cook and drain pasta as directed on package. Rinse with cold water; drain well; set aside.

Heat gas or charcoal grill.

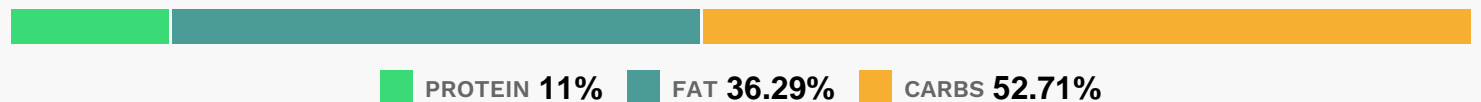
Place vegetables in grill basket (grill wok), or place directly on grill rack; reserve dressing.

Place grill basket on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning vegetables and brushing with dressing once, until tender.

In large serving bowl, combine pasta with reserved dressing, salt and pepper. Dice vegetables; fold into pasta in bowl.

Sprinkle cheese over top.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:6.63, Inflammation Score:-2, Nutrition Score:4.6991303751002%

Flavonoids

Delphinidin: 26.5mg, Delphinidin: 26.5mg, Delphinidin: 26.5mg, Delphinidin: 26.5mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 147.61kcal (7.38%), Fat: 5.93g (9.12%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 17.4g (6.33%), Sugar: 2.68g (2.98%), Cholesterol: 1.55mg (0.52%), Sodium: 212.94mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Selenium: 13.69µg (19.56%), Manganese: 0.31mg (15.37%), Vitamin C: 7mg (8.48%), Fiber: 1.96g (7.85%), Phosphorus: 68.49mg (6.85%), Magnesium: 19.59mg (4.9%), Copper: 0.1mg (4.88%), Potassium: 162.39mg (4.64%), Vitamin B6: 0.09mg (4.62%), Calcium: 42.34mg (4.23%), Folate: 14.85µg (3.71%), Vitamin K: 3.43µg (3.27%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.45mg (3.02%), Iron: 0.51mg (2.82%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.04mg (2.58%), Vitamin B5: 0.22mg (2.18%), Vitamin A: 66.91IU (1.34%), Vitamin E: 0.19mg (1.29%)