



## Herbed Salad With Grilled Balsamic Vegetables

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 servings grilled balsamic vegetables
- 3 tablespoons balsamic vinegar
- 0.5 cup olives black pitted ripe
- 3 tablespoons basil fresh chopped
- 0.5 cup goat cheese crumbled
- 2 tablespoons green onions fresh chopped
- 8 cups baby greens mixed

- 0.5 cup olive oil
- 0.3 cup parmesan cheese shredded refrigerated
- 3 tomatoes sliced

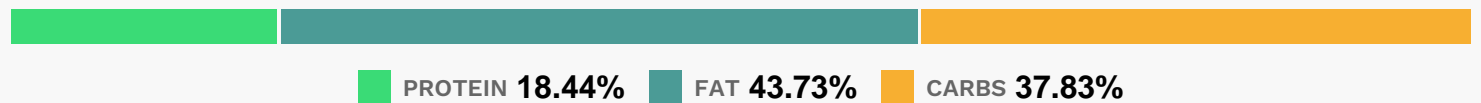
## Equipment

- whisk

## Directions

- Place mixed greens on a large serving platter. Arrange tomato slices in center of platter over greens. Arrange Grilled Balsamic Vegetables and black olives around edge of platter over greens.
- Whisk together olive oil and vinegar; drizzle over tomatoes and grilled vegetables.
- Sprinkle tomatoes evenly with basil, chives, and, if desired, marjoram. Top evenly with cheeses.

## Nutrition Facts



## Properties

Glycemic Index:34.38, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:13.848695620247%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 168.51kcal (8.43%), Fat: 8.66g (13.33%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.36g (4.49%), Sugar: 2.33g (2.59%), Cholesterol: 9.36mg (3.12%), Sodium: 307.55mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin A: 5744.07IU (114.88%), Vitamin C: 25.63mg (31.07%), Manganese: 0.37mg (18.39%), Fiber: 4.5g (18.01%), Phosphorus: 147.93mg (14.79%), Folate: 51.65µg (12.91%), Copper: 0.25mg (12.64%), Potassium: 393.28mg (11.24%), Calcium: 109.81mg (10.98%), Vitamin B2: 0.18mg (10.35%), Vitamin B1: 0.15mg (10.28%), Vitamin B6: 0.2mg (10.02%), Vitamin K: 10.42µg (9.93%), Magnesium:

37.86mg (9.47%), Iron: 1.68mg (9.33%), Vitamin B3: 1.74mg (8.69%), Vitamin E: 1mg (6.68%), Zinc: 0.84mg (5.57%),  
Vitamin B5: 0.36mg (3.59%), Selenium: 1.94µg (2.78%), Vitamin B12: 0.08µg (1.28%)