



HEALTH SCORE

65%

Hickory-Grilled Vegetable Plate



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients



4 ounces arugula trimmed



1 cup balsamic vinegar



0.3 teaspoon pepper black



1 pound eggplant



0.3 cup basil fresh chopped



0.3 cup cilantro leaves fresh chopped



2 tablespoons thyme sprigs fresh chopped



1.5 tablespoons olive oil

- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 cup fries
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 4 portabello mushrooms
- ☐ 0.5 teaspoon salt
- ☐ 1 onion sweet cut into 4 wedges
- ☐ 16 ounce to 3 sized squashes yellow halved lengthwise cut into 2-inch pieces
- ☐ 16 ounce zucchini halved lengthwise cut into 2-inch pieces

Equipment

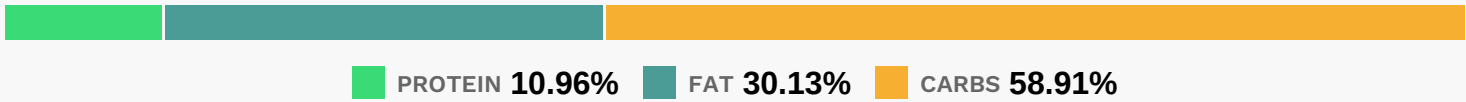
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Soak wood chips in water 30 minutes.
- ☐ Drain well.
- ☐ Bring the vinegar to a boil in a small saucepan; cook until reduced to 1/4 cup (about 8 minutes).
- ☐ Combine mushrooms and next 5 ingredients (mushrooms through onion) in a large bowl.
- ☐ Add oil, salt, and pepper; toss well to coat.
- ☐ Prepare grill.
- ☐ Place wood chips over hot coals.
- ☐ Place mushrooms, squash, zucchini, eggplant, and onion on grill rack coated with cooking spray; grill 5 minutes on each side. Turn vegetables; add tomatoes. Grill 5 minutes or until vegetables are tender.
- ☐ Arrange 1/2 cup arugula, 3 yellow squash pieces, 3 zucchini pieces, 2 eggplant slices, 2 tomato halves, 1 mushroom cap, and 1 onion wedge on each of 4 plates.
- ☐ Combine the basil, oregano, cilantro, and thyme in a small bowl, and sprinkle evenly over vegetables.

Drizzle 1 tablespoon vinegar over each serving.

Nutrition Facts



Properties

Glycemic Index:111.33, Glycemic Load:13.52, Inflammation Score:-10, Nutrition Score:32.828260787155%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 320.75kcal (16.04%), Fat: 11.32g (17.41%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 37.79g (13.74%), Sugar: 27.47g (30.52%), Cholesterol: 0mg (0%), Sodium: 490.51mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin C: 66.86mg (81.05%), Vitamin K: 79.64µg (75.84%), Manganese: 1.34mg (67.17%), Potassium: 1777.63mg (50.79%), Fiber: 12g (47.99%), Vitamin B6: 0.93mg (46.52%), Folate: 181.25µg (45.31%), Vitamin A: 2034.3IU (40.69%), Vitamin B3: 7.03mg (35.16%), Copper: 0.63mg (31.44%), Vitamin B2: 0.52mg (30.35%), Phosphorus: 300.63mg (30.06%), Magnesium: 111.27mg (27.82%), Iron: 4.81mg (26.71%), Selenium: 17.22µg (24.6%), Vitamin B5: 2.16mg (21.56%), Calcium: 202.06mg (20.21%), Vitamin B1: 0.3mg (19.92%), Vitamin E: 2.44mg (16.3%), Zinc: 1.98mg (13.18%), Vitamin D: 0.25µg (1.68%)