



Marinated Grilled Vegetable Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



34 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 bell pepper red cut into 2-inch pieces
- ☐ 1 onion red cut into 2-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 large baby squash sliced into 2-inch pieces cut in half lengthwise and
- ☐ 0.3 cup balsamic vinegar white
- ☐ 1 large zucchini sliced into 2-inch pieces cut in half lengthwise and

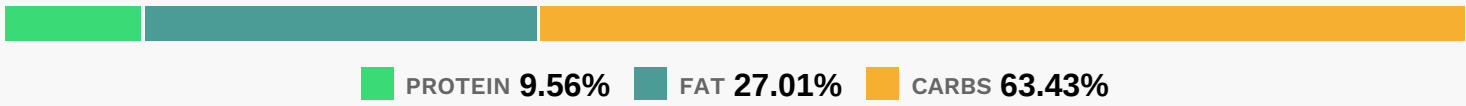
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Snap off tough ends of asparagus.
- ☐ Place asparagus, onion, bell pepper, squash, and zucchini in a large heavy- duty zip-top plastic bag.
- ☐ Combine balsamic vinegar and next 8 ingredients; pour over vegetables in plastic bag. Seal bag, and shake gently to coat vegetables. Marinate 30 minutes, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove vegetables, discarding marinade.
- ☐ Place vegetables in a grill basket. Grill, uncovered, over medium- high heat (350 to 40
- ☐ minutes or until slightly charred, turning often.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:21.798695854519%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg,

Isorhamnetin: 5.23mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg

Nutrients (% of daily need)

Calories: 155.96kcal (7.8%), Fat: 5.15g (7.93%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 21.71g (7.9%), Sugar: 11.6g (12.89%), Cholesterol: 0mg (0%), Sodium: 209.04mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin A: 14593.58IU (291.87%), Vitamin C: 67.06mg (81.29%), Vitamin K: 42.32µg (40.3%), Manganese: 0.57mg (28.45%), Vitamin E: 3.75mg (25.01%), Folate: 99.45µg (24.86%), Potassium: 823.38mg (23.53%), Fiber: 5.51g (22.04%), Vitamin B6: 0.44mg (21.96%), Vitamin B1: 0.28mg (18.54%), Iron: 3.14mg (17.44%), Magnesium: 69.74mg (17.43%), Copper: 0.28mg (14.09%), Vitamin B3: 2.72mg (13.6%), Vitamin B2: 0.21mg (12.24%), Phosphorus: 115.11mg (11.51%), Calcium: 102.2mg (10.22%), Vitamin B5: 0.91mg (9.11%), Zinc: 0.89mg (5.9%), Selenium: 2.7µg (3.85%)