



Marinated Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 0.8 lb eggplant
- 0.3 cup basil leaves fresh chopped
- 1 clove garlic minced pressed peeled
- 6 tablespoons olive oil extra-virgin
- 2 bell peppers red (1 lb. total)
- 0.5 lb onion red
- 4 servings salt and pepper

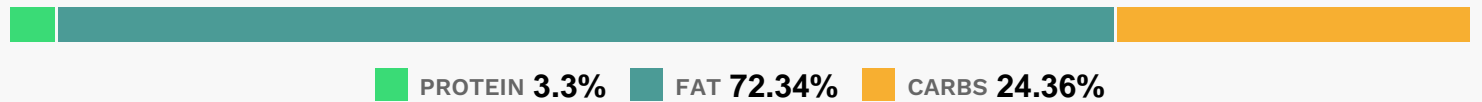
Equipment

- bowl
- grill

Directions

- Rinse eggplant and peppers; pat dry. Trim and discard eggplant stem; cut eggplant crosswise into 1/2-inch-thick slices. Peel onion and cut crosswise into 1/2-inch-thick slices.
- Brush eggplant slices, peppers, and onion slices with about 2 tablespoons olive oil total.
- Lay vegetables in a single layer on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning as needed to char all sides, 8 to 12 minutes total.
- Transfer to a bowl; let stand until cool, about 15 minutes.
- Meanwhile, in a small bowl, mix 1/4 cup olive oil, vinegar, basil, and garlic.
- Peel, stem, and seed peppers. Quarter lengthwise.
- In a deep dish (at least 4-cup capacity), layer vegetables with herb marinade (using all the marinade) and salt and pepper to taste. Cover and let stand 30 minutes to 4 hours, or cover and chill up to 2 days.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:14.152608560479%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg

Nutrients (% of daily need)

Calories: 257.07kcal (12.85%), Fat: 21.4g (32.93%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 11.41g (4.15%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 203.51mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 82.73mg (100.28%), Vitamin A: 1962.83IU (39.26%), Vitamin E: 4.24mg (28.29%), Vitamin K: 25µg (23.81%), Fiber: 4.8g (19.22%), Manganese: 0.38mg (19.15%), Vitamin B6: 0.32mg (16.21%), Folate: 57.9µg (14.47%), Potassium: 424.21mg (12.12%), Magnesium: 27.31mg (6.83%), Vitamin B1: 0.09mg (6.23%), Vitamin B3: 1.22mg (6.1%), Vitamin B2: 0.1mg (5.84%), Phosphorus: 56.59mg (5.66%), Copper: 0.11mg (5.62%), Vitamin B5: 0.5mg (5.05%), Iron: 0.84mg (4.65%), Calcium: 32.44mg (3.24%), Zinc: 0.41mg (2.75%), Selenium: 0.71µg (1.01%)