



Marinated Vegetable Platter

 Vegetarian

READY IN



44 min.

SERVINGS



8

CALORIES



480 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon rosemary fresh finely chopped
- 0.5 teaspoon lemon rind grated
- 16 oz mozzarella cheese in water fresh cubed
- 0.3 cup olive oil
- 16 oz barilla penne
- 0.5 teaspoon pepper
- 1 bell pepper red
- 1 small onion red

- 0.5 cup red wine vinegar
- 0.5 teaspoon salt
- 2 cups tomatoes chopped (2 medium)
- 3 medium size baby squash yellow
- 2 medium zucchini

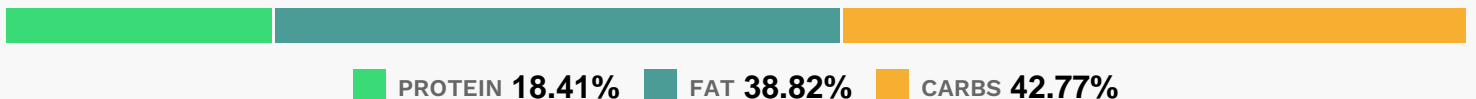
Equipment

- bowl
- whisk
- grill

Directions

- Cook pasta according to package directions; drain well.
- Cut bell pepper into 1-inch-wide strips.
- Cut off ends of zucchini and yellow squash; cut each lengthwise into 4 equal slices.
- Cut onion into 3/4-inch-thick rounds.
- Grill bell pepper, zucchini, yellow squash, and onion, covered with grill lid, over medium-high heat (350 to 400°F)
- to 6 minutes on each side until tender.
- Let stand 10 minutes, and coarsely chop.
- Place pasta in a large bowl, and stir in grilled vegetables, tomatoes, and cheese.
- Whisk together red wine vinegar and remaining ingredients; add to pasta mixture, tossing to coat. Cover and chill at least 2 hours or up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:18.91, Inflammation Score:-8, Nutrition Score:21.344782777455%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 479.5kcal (23.98%), Fat: 20.71g (31.85%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 47.19g (17.16%), Sugar: 7.13g (7.93%), Cholesterol: 44.79mg (14.93%), Sodium: 514.01mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.19%), Selenium: 45.81µg (65.44%), Vitamin C: 46.66mg (56.56%), Manganese: 0.85mg (42.62%), Phosphorus: 372.63mg (37.26%), Calcium: 326.83mg (32.68%), Vitamin A: 1405.52IU (28.11%), Vitamin B2: 0.37mg (21.69%), Vitamin B6: 0.43mg (21.59%), Vitamin B12: 1.29µg (21.55%), Zinc: 2.96mg (19.7%), Potassium: 637.56mg (18.22%), Magnesium: 70.8mg (17.7%), Fiber: 4.15g (16.61%), Folate: 62.34µg (15.58%), Copper: 0.27mg (13.34%), Vitamin K: 13.67µg (13.02%), Vitamin E: 1.73mg (11.53%), Vitamin B1: 0.15mg (10.25%), Vitamin B3: 1.99mg (9.93%), Iron: 1.74mg (9.66%), Vitamin B5: 0.64mg (6.38%), Vitamin D: 0.23µg (1.51%)