



Marinated Vegetables: Verdure in Scapece

 **Gluten Free**  **Dairy Free**

READY IN

ready

59 min.

SERVINGS

servings

8

CALORIES

calories

124 kcal

SIDE DISH

Ingredients

- ☐ 2 eggplants italian cut into 1/2-inch slices lengthwise
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup olive oil extra-virgin plus more, for brushing vegetables
- ☐ 1.5 tablespoons oregano chopped
- ☐ 2 bell peppers red seeded cut into 1-inch wide strips
- ☐ 8 servings salt
- ☐ 2 fillet salt anchovy packed chopped
- ☐ 0.3 cup citrus champagne vinegar

- ☐ 2 bell peppers yellow seeded cut into 1-inch wide strips
- ☐ 1.5 pounds zucchini cut into 1/4-inch wide slices lengthwise

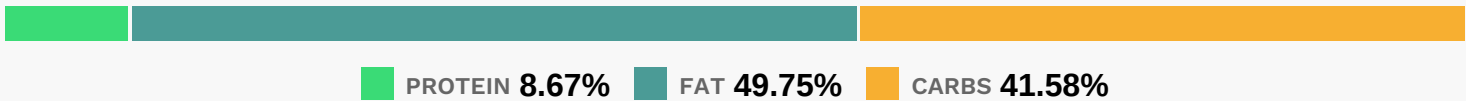
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Sprinkle the eggplant slices with salt and arrange in a single layer. Cover with kitchen weights or weighted plates and let sit for 2 hours.
- ☐ Preheat the grill or broiler.
- ☐ Brush eggplant slices with olive oil and grill for 10 minutes on each side or until dark brown.
- ☐ Brush the pepper slices with olive oil and cook skin side down for 5 to 6 minutes, or until blackened and blistered.
- ☐ Brush the zucchini slices with olive oil and grill for 5 minutes on each side or until grilled and cooked through.
- ☐ In a small bowl, combine 1/4 cup olive oil, the vinegar, garlic, anchovies, and herbs, and mix well.
- ☐ Pour the mixture over the hot vegetables and cover immediately with aluminum foil. Marinate overnight, covered but at room temperature.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:14.641304373741%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 123.75kcal (6.19%), Fat: 7.43g (11.43%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 8.37g (3.05%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 224.51mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin C: 110.71mg (134.19%), Manganese: 0.55mg (27.38%), Vitamin A: 1203.42IU (24.07%), Fiber: 5.59g (22.37%), Vitamin B6: 0.39mg (19.52%), Vitamin K: 19.03µg (18.12%), Potassium: 627.86mg (17.94%), Folate: 69.27µg (17.32%), Vitamin E: 2.06mg (13.73%), Magnesium: 41.5mg (10.38%), Vitamin B2: 0.16mg (9.46%), Copper: 0.18mg (9.19%), Vitamin B3: 1.73mg (8.66%), Phosphorus: 77.81mg (7.78%), Vitamin B1: 0.11mg (7.37%), Iron: 1.27mg (7.08%), Vitamin B5: 0.65mg (6.53%), Calcium: 46.23mg (4.62%), Zinc: 0.62mg (4.11%), Selenium: 0.78µg (1.12%)