



# Mediterranean Salad with Zesty Lemon Vinaigrette

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 bell pepper rings green
- 6 bell pepper rings red
- 2 cups croutons plain
- 1.3 pound eggplant cut into 12 (1/4-inch-thick) slices
- 2 cups fennel bulb thinly sliced ( 1 large)
- 4 ounce feta cheese crumbled
- 2 cups cut green beans (2-inch)

- 6 servings lemon zest
- 15 ounce no-salt-added chickpeas rinsed drained canned (garbanzo beans)
- 4 cups gourmet salad greens
- 2 cups tomatoes chopped
- 1.5 inch zucchini

## Equipment

- baking sheet

## Directions

- Steam green beans, covered, 3 minutes or until tender. Rinse under cold water; drain well.
- Combine beans, tomatoes, chickpeas, feta cheese, and 1/4 cup Zesty Lemon Vinaigrette.
- Arrange eggplant slices in a single layer on a baking sheet coated with cooking spray.
- Brush eggplant with Zesty Lemon Vinaigrette. Broil 12 minutes or until lightly browned.
- Remove from baking sheet; let cool.
- Arrange 2 eggplant slices, 1 zucchini slice, 1 each red and green pepper ring, and about 1/3 cup fennel slices among 6 plates. Top each with 2/3 cup green bean mixture, 2/3 cup greens, and 1/3 cup croutons.
- Drizzle with remaining vinaigrette.

## Nutrition Facts

**PROTEIN 14.43%** **FAT 56.39%** **CARBS 29.18%**

## Properties

Glycemic Index:52.5, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:42.250434481579%

## Flavonoids

Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 6.38mg, Luteolin: 6.38mg, Luteolin: 6.38mg, Luteolin: 6.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 631.14kcal (31.56%), Fat: 42.64g (65.6%), Saturated Fat: 10.29g (64.3%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 35.75g (13%), Sugar: 22.31g (24.79%), Cholesterol: 16.82mg (5.61%), Sodium: 334.28mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.09%), Vitamin C: 271.13mg (328.65%), Vitamin A: 5277.47IU (105.55%), Manganese: 1.82mg (91.18%), Vitamin B3: 13.26mg (66.32%), Vitamin E: 9.72mg (64.81%), Vitamin B6: 1.21mg (60.75%), Fiber: 13.9g (55.61%), Vitamin K: 57.41µg (54.68%), Folate: 205.74µg (51.43%), Magnesium: 187.78mg (46.94%), Phosphorus: 441.03mg (44.1%), Potassium: 1458.08mg (41.66%), Vitamin B2: 0.56mg (33.12%), Copper: 0.58mg (29.21%), Vitamin B1: 0.43mg (28.42%), Zinc: 3.3mg (22.03%), Iron: 3.79mg (21.06%), Calcium: 200.55mg (20.06%), Vitamin B5: 1.96mg (19.65%), Selenium: 10.44µg (14.91%), Vitamin B12: 0.32µg (5.32%)