



Pepper, Mushroom And Eggplant Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



18

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup balsamic vinaigrette dressing divided kraft
- 6 eggplant (1/)
- 1 bell pepper green
- 8 oz portobello mushroom caps
- 1 bell pepper red
- 1 bell pepper yellow

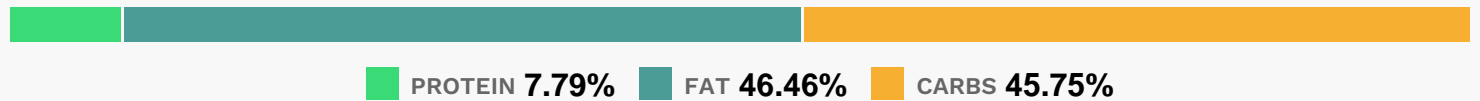
Equipment

- broiler pan

Directions

- Cut peppers lengthwise into quarters.
- Place vegetables on rack of broiler pan 2 to 3 inches from heat.
- Brush vegetables with 3/4 cup dressing. Broil 6 to 8 minutes or until tender, turning and brushing occasionally with remaining dressing.
- Slice mushrooms; toss with peppers, eggplant and remaining 1/4 cup dressing.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:7.7691303792855%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 93.84kcal (4.69%), Fat: 5.17g (7.96%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 6.41g (2.33%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 122.78mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 29.27mg (35.48%), Fiber: 5.05g (20.22%), Manganese: 0.39mg (19.3%), Potassium: 435mg (12.43%), Folate: 42.54µg (10.63%), Vitamin B6: 0.19mg (9.6%), Copper: 0.17mg (8.61%), Vitamin B3: 1.71mg (8.56%), Vitamin B5: 0.61mg (6.11%), Magnesium: 23.62mg (5.91%), Vitamin K: 6.16µg (5.86%), Vitamin A: 279.79IU (5.6%), Phosphorus: 54.88mg (5.49%), Vitamin B1: 0.08mg (5.08%), Vitamin B2: 0.08mg (4.82%), Selenium: 2.83µg (4.04%), Vitamin E: 0.59mg (3.93%), Iron: 0.47mg (2.62%), Zinc: 0.35mg (2.32%), Calcium: 17.28mg (1.73%)