



Roasted Peppers, Grilled Onions, and Feta Cheese Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula dried rinsed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup feta cheese crumbled
- ☐ 0.5 tablespoon garlic finely minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin

- ☐ 2 large bell peppers red
- ☐ 2 medium onions red
- ☐ 2 tablespoon red wine vinegar
- ☐ 0.5 cup walnuts toasted coarsely chopped

Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Prepare the grill for direct cooking over medium heat.
- ☐ In a small bowl whisk the vinaigrette ingredients until emulsified.
- ☐ Lightly brush the onion slices with oil.
- ☐ Brush the cooking grates clean. Grill the onions and bell peppers over direct medium heat, with the lid closed as much as possible, until the onions are tender and the skins of the peppers are evenly charred and blistered, turning occasionally. The onions will take 8 to 12 minutes and the peppers, 12 to 15 minutes.
- ☐ Remove the veggies from the grill.
- ☐ Place the peppers in a medium bowl, cover with plastic wrap, and let them steam for 10 to 15 minutes. When the peppers are cool enough to handle, remove and discard the charred skins, stems, and seeds and cut them into strips about inch wide.
- ☐ Place the peppers and onions in a bowl.
- ☐ Add 2 tablespoons of the vinaigrette and toss to coat.
- ☐ In a salad bowl toss the arugula with the remaining dressing. Top with the onions and peppers and then add the walnuts and feta cheese.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:17.783913050009%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 369.37kcal (18.47%), Fat: 35.07g (53.95%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.26g (2.64%), Sugar: 4.52g (5.02%), Cholesterol: 22.25mg (7.42%), Sodium: 489.03mg (21.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Vitamin C: 76.05mg (92.18%), Vitamin A: 2294.91IU (45.9%), Vitamin K: 39.33µg (37.46%), Vitamin E: 4.38mg (29.22%), Manganese: 0.54mg (26.86%), Vitamin B6: 0.38mg (19.23%), Calcium: 179.29mg (17.93%), Vitamin B2: 0.3mg (17.65%), Folate: 69.1µg (17.28%), Phosphorus: 154.78mg (15.48%), Fiber: 2.78g (11.12%), Copper: 0.21mg (10.28%), Magnesium: 40.3mg (10.07%), Zinc: 1.33mg (8.83%), Potassium: 307.18mg (8.78%), Vitamin B1: 0.13mg (8.56%), Vitamin B12: 0.42µg (7.04%), Iron: 1.22mg (6.79%), Selenium: 4.63µg (6.61%), Vitamin B5: 0.61mg (6.08%), Vitamin B3: 1mg (5.01%)