



## Spanish-Style Grilled Vegetables with Breadcrumb Picada

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

### Ingredients

- 8 servings available in the asian foods section of some supermarkets and at asian markets
- 1.3 pounds eggplant trimmed cut lengthwise into 3 slices
- 2 garlic clove finely chopped
- 6 tablespoons olive oil extra virgin extra-virgin divided
- 8 servings olive oil extra virgin extra-virgin (for grilling)
- 2 tablespoons oregano fresh chopped
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)

- 0.3 cup parsley fresh italian chopped
- 1.5 pounds bell pepper red stemmed seeded quartered
- 0.5 teaspoon pepper dried red crushed
- 2 tablespoons sherry vinegar
- 4 medium zucchini green yellow trimmed cut lengthwise into 1/3-inch-thick slices (preferably 2 of each; 1 pound)

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- grill
- ziploc bags

## Directions

- Prepare barbecue (medium heat). Arrange vegetables on baking sheets.
- Brush with oil; sprinkle with salt and pepper. Grill peppers, skin side down and without turning, until blackened and blistered, moving occasionally for even cooking, about 10 minutes. Enclose in plastic bag.
- Let stand until skins loosen, about 30 minutes. Grill eggplants and zucchini until charred and tender, turning and rearranging for even browning, 5 to 6 minutes.
- Place on foillined baking sheet. Peel peppers.
- Transfer to sheet with eggplants and zucchini.
- Heat 3 tablespoons olive oil in medium skillet over medium heat.
- Add garlic and crushed red pepper; stir until fragrant, about 30 seconds.
- Add breadcrumbs; stir until golden, about 3 minutes. Season breadcrumb picada to taste with salt; scrape into small bowl.
- Place vinegar in another small bowl; whisk in 3 tablespoons oil.
- Mix in parsley and oregano. Season to taste with salt.

Arrange vegetables on platter. Spoon herb dressing over; sprinkle with breadcrumbs.

## Nutrition Facts

 **PROTEIN 4.51%**  **FAT 74.17%**  **CARBS 21.32%**

### Properties

Glycemic Index:23.63, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:20.403478299794%

### Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

### Nutrients (% of daily need)

Calories: 294.69kcal (14.73%), Fat: 25.49g (39.22%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 10.72g (3.9%), Sugar: 8.84g (9.82%), Cholesterol: 0mg (0%), Sodium: 44.91mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin C: 130.84mg (158.6%), Vitamin A: 3142.29IU (62.85%), Vitamin K: 64.52µg (61.45%), Vitamin E: 5.5mg (36.64%), Manganese: 0.55mg (27.59%), Vitamin B6: 0.5mg (24.95%), Fiber: 5.75g (23.01%), Folate: 88.41µg (22.1%), Potassium: 640.29mg (18.29%), Vitamin B2: 0.22mg (12.77%), Magnesium: 44.46mg (11.11%), Vitamin B1: 0.16mg (10.72%), Vitamin B3: 2.1mg (10.49%), Iron: 1.85mg (10.26%), Phosphorus: 87.9mg (8.79%), Copper: 0.15mg (7.44%), Vitamin B5: 0.72mg (7.16%), Calcium: 59.91mg (5.99%), Zinc: 0.77mg (5.12%), Selenium: 1.63µg (2.33%)