



Spanish-Style Grilled Vegetables with Breadcrumb Picada

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

Ingredients

- 1.3 pounds eggplant trimmed cut lengthwise into 3 slices
- 2 garlic clove finely chopped
- 6 tablespoons olive oil extra virgin extra-virgin divided
- 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 7.57% FAT 56.62% CARBS 35.81%

Properties

Glycemic Index:18, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:19.365652321473%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg 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: 170.29kcal (8.51%), Fat: 11.48g (17.67%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 10.63g (3.87%), Sugar: 8.84g (9.82%), Cholesterol: 0mg (0%), Sodium: 44.16mg (1.92%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 130.74mg (158.47%), Vitamin A: 3091.51IU (61.83%), Vitamin K: 56.1µg (53.43%), Manganese: 0.55mg (27.47%), Vitamin B6: 0.5mg (24.9%), Vitamin E: 3.48mg (23.2%), Fiber: 5.71g (22.85%), Folate: 88.12µg (22.03%), Potassium: 638.03mg (18.23%), Vitamin B2: 0.22mg (12.72%), Magnesium: 44.22mg (11.05%), Vitamin B1: 0.16mg (10.64%), Vitamin B3: 2.09mg (10.43%), Iron: 1.76mg (9.77%), Phosphorus: 87.31mg (8.73%), Copper: 0.15mg (7.4%), Vitamin B5: 0.71mg (7.14%), Calcium: 59.52mg (5.95%), Zinc: 0.76mg (5.09%), Selenium: 1.63µg (2.33%)