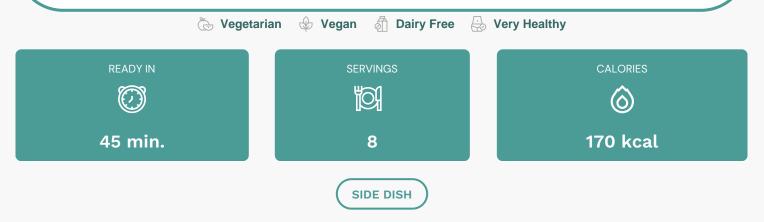


# Spanish-Style Grilled Vegetables with Breadcrumb Picada



## 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	
Di	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**

#### **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, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.29mg, Myricetin: 0.29mg, 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: Omg (0%), Sodium: 44.16mg (1.92%), Alcohol: Og (100%), Alcohol %: O% (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%)