



Spinach Salad with Grilled Mediterranean Vegetables



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts rinsed drained quartered canned
- ☐ 3 cups baby spinach
- ☐ 1 cup basil leaves packed
- ☐ 0.5 cup feta cheese diced
- ☐ 0.3 cup kalamata olives pitted
- ☐ 0.3 cup olive oil plus more to taste
- ☐ 1 small orange bell pepper seeded quartered

- ☐ 2 large portobello mushroom caps stemmed sliced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 small summer squash

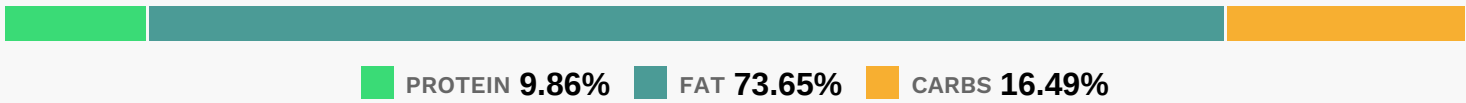
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place all vegetables in a large mixing bowl.
- ☐ Add 1/4 cup oil and season with salt and pepper, to taste. Toss well making sure each vegetable gets covered with oil.
- ☐ Place a grill pan over medium heat. Once heated, place your vegetables on grill and cook accordingly: grill mushrooms about 5 minutes per side; peppers and squash about 3 minutes per side.
- ☐ Once all the vegetables are grilled place them in a large serving bowl to slightly cool. Dice and add feta cheese, pitted olives, spinach and basil leaves. Gently toss to mix well and drizzle more oil, to taste, if necessary and serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:13.895652257878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 153.24kcal (7.66%), Fat: 12.81g (19.7%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.27g (2.52%), Cholesterol: 11.13mg (3.71%), Sodium: 490.11mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin K: 96.13µg (91.55%), Vitamin A: 2118.44IU (42.37%), Vitamin C: 24.07mg (29.17%), Vitamin E: 2.09mg (13.96%), Folate: 55.22µg (13.81%), Manganese: 0.26mg (13.21%), Vitamin B2: 0.21mg (12.49%), Vitamin B6: 0.21mg (10.53%), Selenium: 7.35µg (10.5%), Fiber: 2.46g (9.85%), Phosphorus: 93.02mg (9.3%), Calcium: 91.67mg (9.17%), Vitamin B3: 1.76mg (8.79%), Potassium: 286.5mg (8.19%), Copper: 0.14mg (6.96%), Magnesium: 22.4mg (5.6%), Vitamin B5: 0.53mg (5.3%), Iron: 0.91mg (5.06%), Zinc: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.41%), Vitamin B12: 0.23µg (3.75%)