



## Za'atar-Spiced Grilled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SEASONING

MARINADE

### Ingredients

- 0.3 cup almonds toasted sliced
- 1 large eggplant peeled sliced into 3/4-inch-thick rings
- 0.5 cup flat-leaf parsley leaves
- 0.3 teaspoon kosher salt
- 1 optional: lemon halved
- 0.3 cup olive oil extra-virgin
- 0.3 teaspoon salt
- 0.5 teaspoon za'atar

- 2 tablespoons za'atar
- 2 medium zucchini sliced

## Equipment

- bowl
- frying pan
- grill
- grill pan

## Directions

- Combine olive oil and 2 tablespoons za'atar in a large bowl; let stand 10 minutes.
- Add eggplant and zucchini; toss to coat.
- Sprinkle with 1/4 teaspoon kosher salt.
- Place eggplant on a grill pan coated with cooking spray over medium-high heat; grill 5 minutes on each side.
- Place eggplant on a serving platter. Coat pan with cooking spray. Grill zucchini 4 minutes on each side; place on platter.
- Place halved lemon, cut sides down, on grill pan; grill 2 minutes without moving.
- Place lemon on platter.
- Sprinkle vegetables with 1/4 teaspoon salt and 1/2 teaspoon za'atar. Top with parsley and almonds. Squeeze lemon over vegetables.

## Nutrition Facts



**PROTEIN 7.28%** **FAT 66.35%** **CARBS 26.37%**

## Properties

Glycemic Index:14.06, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:10.881304302941%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg,

Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg,  
Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg  
Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg Hesperetin: 3.77mg, Hesperetin:  
3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,  
Naringenin: 0.09mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.31mg,  
Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin:  
0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:  
0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.52mg,  
Quercetin: 0.52mg, Quercetin: 0.52mg

## **Nutrients (% of daily need)**

Calories: 107.16kcal (5.36%), Fat: 8.59g (13.22%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 7.69g (2.56%), Net  
Carbohydrates: 4.22g (1.54%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 153.53mg (6.68%), Alcohol: 0g  
(0%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin K: 87.89µg (83.71%), Vitamin C: 22.7mg (27.52%),  
Manganese: 0.38mg (18.96%), Fiber: 3.46g (13.85%), Vitamin E: 2.07mg (13.78%), Iron: 2.09mg (11.59%), Vitamin A:  
470.44IU (9.41%), Potassium: 328.22mg (9.38%), Folate: 35.72µg (8.93%), Vitamin B6: 0.15mg (7.6%), Magnesium:  
29.89mg (7.47%), Vitamin B2: 0.11mg (6.51%), Copper: 0.12mg (6.09%), Phosphorus: 52.66mg (5.27%), Calcium:  
49.65mg (4.97%), Vitamin B1: 0.06mg (4.29%), Vitamin B3: 0.81mg (4.06%), Vitamin B5: 0.31mg (3.15%), Zinc:  
0.45mg (3.02%)