

# Eggplant Mixed Grill

Yield: 6 min

Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-bbq-sauce-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons fresh parsley chopped
- 2 tablespoons fresh oregano chopped
- 2 tablespoons fresh basil chopped
- 1 tablespoon balsamic vinegar
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 6 cloves garlic minced
- 1 red onion cut into wedges
- 18 spears fresh asparagus trimmed
- 12 crimini mushrooms stems removed
- 1 pound eggplant sliced into 1/4 inch rounds
- 1 red bell pepper cut into wedges
- 1 yellow bell pepper cut into wedges

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 13 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 410 milligrams
8. Sugar: 5 grams

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