



 **51%**
HEALTH SCORE

Ajvar (Roasted Red Pepper and Eggplant Relish)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



39 kcal

SIDE DISH

Ingredients

- 1 pound eggplant
- 3 cloves garlic
- 6 kalamata olives pitted chopped
- 2.5 pounds bell pepper red
- 0.3 teaspoon bell pepper red to taste (cayenne) (or)
- 12 servings salt to taste
- 1 teaspoon paprika smoked hot to taste (optional or)

- 1 tablespoons citrus champagne vinegar

Equipment

- food processor
- bowl
- baking sheet
- oven
- plastic wrap
- broiler
- cutting board

Directions

- Cut the peppers in half and remove stem, seeds, and white membranes.
- Cut the eggplants in half lengthwise.
- Place peppers and eggplants cut-sides down on a large baking sheet and place it in the oven about 4 inches below the broiler. Broil until the pepper skins blister and blacken and the eggplant is tender in the middle. The blacker you get the peppers, the better the flavor, so don't be shy! If you find some are blackening before others, move them around on the baking sheet so that they will roast evenly. As the peppers blacken, remove them to a large bowl and cover tightly with plastic wrap. When the eggplant is tender, remove it to a plate or cutting board. Scoop out the flesh, discarding any large seeds, and place it in the food processor with the olives and garlic. Process until smooth. Allow the peppers to steam in the covered bowl until they are cool. Then peel off the blackened skin; the more skin you remove, the better, but don't worry if you can't get every bit.
- Add them to the eggplant in the food processor and pulse to chop them finely but do not blend them into a smooth paste.
- Remove to a bowl and add the vinegar, hot pepper, and salt to taste.
- Serve at room temperature or chilled.

Nutrition Facts



PROTEIN 12.4% **FAT 13.62%** **CARBS 73.98%**

Properties

Glycemic Index:11.58, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:12.066956520081%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 0.68g (1.05%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 5.08g (1.85%), Sugar: 5.34g (5.94%), Cholesterol: 0mg (0%), Sodium: 229.87mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 122.16mg (148.08%), Vitamin A: 3060.67IU (61.21%), Vitamin B6: 0.32mg (16.03%), Fiber: 3.26g (13.04%), Folate: 52µg (13%), Vitamin E: 1.73mg (11.56%), Manganese: 0.21mg (10.5%), Potassium: 294.34mg (8.41%), Vitamin B3: 1.2mg (5.99%), Vitamin K: 6.13µg (5.84%), Vitamin B2: 0.1mg (5.73%), Vitamin B1: 0.07mg (4.55%), Magnesium: 17.4mg (4.35%), Vitamin B5: 0.42mg (4.15%), Phosphorus: 35.52mg (3.55%), Iron: 0.56mg (3.1%), Copper: 0.05mg (2.64%), Zinc: 0.31mg (2.1%), Calcium: 13mg (1.3%)