



Aubergine Caviar

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 pounds eggplant
- ☐ 4 tablespoons flat parsley
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoons ground coriander
- ☐ 2 ounces olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 onion minced

- ☐ 1 tablespoon orange juice
- ☐ 10 servings salt and pepper to taste
- ☐ 2 tomatoes
- ☐ 2 pasilla peppers yellow
- ☐ 0.7 cup yogurt

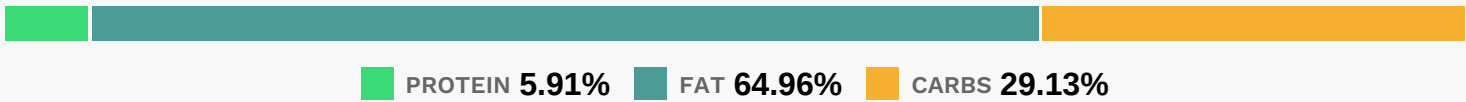
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 325 degrees. Oil the eggplant, peppers and tomatoes.
- ☐ Place them on a baking sheet and place them in the oven. Roast until soft, about 20 minutes. Peel eggplant, peppers and tomatoes.
- ☐ Saute minced onions and garlic. Put mixture in food processor and add garlic-onion mixture, vinegar, orange juice, coriander, olive oil, yogurt and salt and pepper. Fold in chopped parsley.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:1.84, Inflammation Score:-6, Nutrition Score:9.9530434601981%

Flavonoids

Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 141.69kcal (7.08%), Fat: 10.78g (16.59%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.72g (6.35%), Cholesterol: 2.12mg (0.71%), Sodium: 207.39mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin C: 53.2mg (64.49%), Vitamin K: 37.39µg (35.61%), Manganese: 0.31mg (15.41%), Fiber: 3.7g (14.79%), Vitamin E: 1.85mg (12.34%), Potassium: 382.61mg (10.93%), Folate: 36.03µg (9.01%), Vitamin A: 428.01IU (8.56%), Vitamin B6: 0.16mg (8.19%), Copper: 0.13mg (6.5%), Magnesium: 24.5mg (6.12%), Phosphorus: 56.88mg (5.69%), Vitamin B3: 1.01mg (5.07%), Vitamin B1: 0.07mg (4.42%), Vitamin B2: 0.07mg (4.38%), Calcium: 43.64mg (4.36%), Vitamin B5: 0.41mg (4.07%), Iron: 0.69mg (3.83%), Zinc: 0.39mg (2.63%), Selenium: 0.98µg (1.4%), Vitamin B12: 0.06µg (1.01%)