



Aubergine & hummus grills



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



497 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggplant sliced
- ☐ 2 tbsp vegetable oil for brushing
- ☐ 3 slices sandwich bread white
- ☐ 300 g water
- ☐ 100 g walnuts toasted
- ☐ 1 leaves flat parsley roughly chopped
- ☐ 200 g cherry tomatoes quartered
- ☐ 0.5 juice of lemon

☐ 1 tablespoon olive oil extra virgin extra-virgin

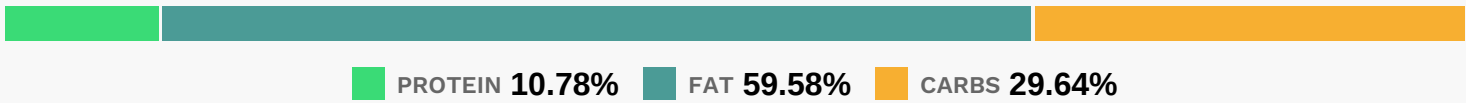
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Lay the aubergine out in one layer on a large baking sheet.
- ☐ Brush sparingly with vegetable oil, then season generously. Grill for 15 mins, turning twice and brushing with oil until the slices are softened and cooked through. Meanwhile, whizz the bread into crumbs.
- ☐ Add 2 tsp oil and whizz briefly again, to coat.
- ☐ Spread a couple of tsps of hummus on top of each slice of aubergine. Tip the breadcrumbs onto a large plate, then press the hummus side of the aubergines into the crumbs to coat. Grill again, crumb-side up, for about 3 mins until golden.
- ☐ Toss the walnuts, parsley and cherry tomatoes in a bowl, season, then add the lemon juice and olive oil and toss again.
- ☐ Serve the grills with the salad, a dollop more hummus and some pitta bread.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:10.37, Inflammation Score:-8, Nutrition Score:24.914347855941%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 496.84kcal (24.84%), Fat: 34.95g (53.77%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 25.27g (9.19%), Sugar: 11.08g (12.31%), Cholesterol: 0mg (0%), Sodium: 384.52mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.47%), Manganese: 2.13mg (106.44%), Fiber: 13.85g (55.38%), Copper: 1.04mg (52%), Folate: 165.57µg (41.39%), Magnesium: 134.72mg (33.68%), Phosphorus: 309.09mg (30.91%), Vitamin B1: 0.42mg (28.25%), Vitamin K: 28.84µg (27.47%), Potassium: 941.88mg (26.91%), Vitamin B6: 0.54mg (26.77%), Iron: 4.09mg (22.74%), Vitamin C: 18.55mg (22.48%), Zinc: 2.75mg (18.34%), Vitamin B3: 3.37mg (16.84%), Vitamin E: 2.25mg (15.01%), Vitamin B2: 0.23mg (13.36%), Selenium: 8.47µg (12.09%), Calcium: 119.28mg (11.93%), Vitamin B5: 1.06mg (10.56%), Vitamin A: 346.14IU (6.92%)