



Aubergine & pepper salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g roasted peppers red
- ☐ 2 eggplant
- ☐ 6 servings olive oil
- ☐ 2 garlic clove sliced
- ☐ 6 servings thyme leaves

Equipment

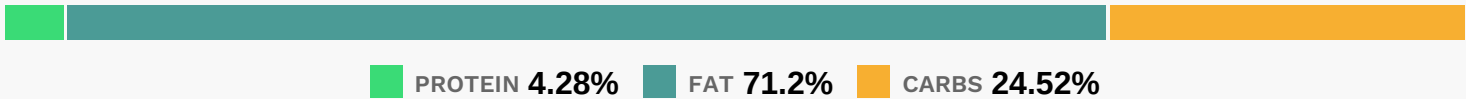
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ grill

Directions

- ☐ Drain the jar of ready-roasted peppers.
- ☐ Heat a griddle pan or grill to high. Thickly slice the aubergines lengthways, brush with a little oil, then griddle until golden and crisp on both sides.
- ☐ Heat oven to 150C/130C fan/gas
- ☐ On a large, lipped baking tray, layer up rows of peppers and aubergines.
- ☐ Drizzle with olive oil, sprinkle with the sliced garlic cloves, some thyme leaves and seasoning, then bake for 30 mins.
- ☐ Serve warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:8.5082608824191%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.93kcal (8.6%), Fat: 14.42g (22.19%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 5.94g (2.16%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 574.01mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 24.65mg (29.87%), Manganese: 0.45mg (22.74%), Fiber: 5.24g (20.96%), Vitamin E: 2.47mg (16.5%), Vitamin K: 13.79µg (13.13%), Potassium: 420.68mg (12.02%), Vitamin B6: 0.22mg (10.91%), Folate: 40.73µg (10.18%), Copper: 0.19mg (9.32%), Magnesium: 27.81mg (6.95%), Vitamin B3: 1.25mg (6.23%), Vitamin A: 299.38IU (5.99%), Iron: 0.95mg (5.3%), Vitamin B1: 0.07mg (4.83%), Phosphorus: 47.56mg (4.76%), Vitamin B5: 0.45mg (4.55%), Vitamin B2: 0.07mg (4.4%), Calcium: 36.82mg (3.68%), Zinc: 0.35mg (2.33%), Selenium: 0.73µg (1.04%)