



Aubergines with garlic & herb dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 kg eggplant sliced into rounds
- 100 ml olive oil
- 5 tbsp red wine vinegar
- 1 tbsp sugar
- 4 garlic clove thinly sliced
- 1 bunches mint leaves roughly chopped

Equipment

- bowl

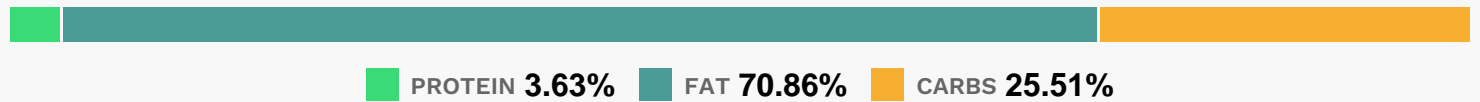
frying pan

grill

Directions

- Brush the aubergine on both sides with a little olive oil; you will need about 5 tbsp. Griddle, barbecue or grill the aubergine slices until lightly browned on both sides.
- Remove and arrange, overlapping, on a platter. This can be done on the previous day and chilled.
- Heat the red wine vinegar with the sugar in a small pan until it has dissolved, then brush over the aubergine slices.
- Heat the remaining oil in a frying pan, add the garlic and fry quickly until lightly toasted, then pour the garlic and oil into a small bowl. Just before serving, scatter the garlicky oil and herbs over the aubergines.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:2.0291304484658%

Flavonoids

Delphinidin: 42.85mg, Delphinidin: 42.85mg, Delphinidin: 42.85mg, Delphinidin: 42.85mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 56.91kcal (2.85%), Fat: 4.66g (7.17%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Manganese: 0.13mg (6.51%), Fiber: 1.53g (6.11%), Vitamin E: 0.81mg (5.39%), Vitamin K: 4.51µg (4.29%), Potassium: 119.55mg (3.42%), Folate: 11.25µg (2.81%), Vitamin B6: 0.05mg (2.48%), Copper: 0.04mg (2.17%), Magnesium: 7.46mg (1.86%), Vitamin C: 1.37mg (1.66%), Vitamin B3: 0.33mg (1.66%), Vitamin B5: 0.14mg (1.45%), Vitamin B1: 0.02mg (1.39%), Phosphorus: 13.36mg (1.34%), Vitamin B2: 0.02mg (1.17%)