






 **56%**
HEALTH SCORE

Baked Eggplant Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

35 min.

SERVINGS

4

CALORIES

142 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 carrots cut into matchsticks
- 2 eggplants sliced lengthwise into 1/ slices
- 2 tablespoons cilantro leaves fresh chopped to taste
- 1 clove garlic minced
- 0.5 teaspoon ground pepper black
- 0.5 juice of lemon juiced
- 2 tablespoons olive oil extra-virgin as needed
- 1 bell pepper red cut into matchsticks

4 servings sea salt to taste

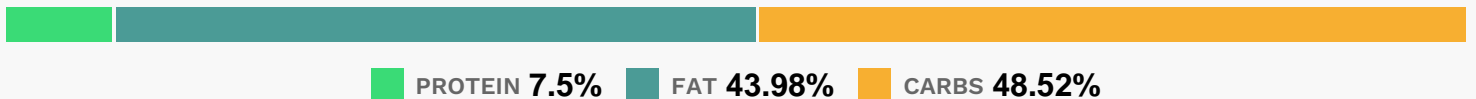
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Arrange eggplant slices in a baking dish; sprinkle with sea salt.
- Drizzle 1 tablespoon olive oil over eggplant.
- Bake in the preheated oven for 5 minutes; flip and continue baking until tender, about 10 more minutes.
- Remove eggplant from oven and cool; slice cross-wise into 1/8-inch thick slices.
- Whisk 2 tablespoons extra-virgin olive oil, lemon juice, garlic, black pepper, and sea salt together in a bowl until dressing is smooth.
- Toss baked eggplant, red bell pepper, and carrots together with lemon dressing until evenly coated.
- Sprinkle cilantro over salad.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:16.831304373948%

Flavonoids

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg,

Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 141.99kcal (7.1%), Fat: 7.6g (11.69%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 10.41g (3.79%), Sugar: 10.88g (12.09%), Cholesterol: 0mg (0%), Sodium: 221.05mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin A: 6094.63IU (121.89%), Vitamin C: 46.66mg (56.55%), Fiber: 8.44g (33.78%), Manganese: 0.65mg (32.72%), Potassium: 696.13mg (19.89%), Vitamin K: 18.75µg (17.86%), Folate: 70.8µg (17.7%), Vitamin B6: 0.33mg (16.65%), Vitamin E: 2.38mg (15.87%), Copper: 0.21mg (10.55%), Vitamin B3: 2.09mg (10.46%), Magnesium: 40.19mg (10.05%), Vitamin B1: 0.13mg (8.55%), Vitamin B5: 0.84mg (8.35%), Vitamin B2: 0.13mg (7.64%), Phosphorus: 75.31mg (7.53%), Iron: 0.83mg (4.61%), Calcium: 35.77mg (3.58%), Zinc: 0.53mg (3.53%), Selenium: 0.87µg (1.25%)