



Barbecue Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

Ingredients



0.3 cup barbecue sauce



1 large eggplant peeled cut into 1/4-inch slices



2 tablespoons olive oil



0.3 teaspoon pepper



2.3 teaspoons salt divided

Equipment

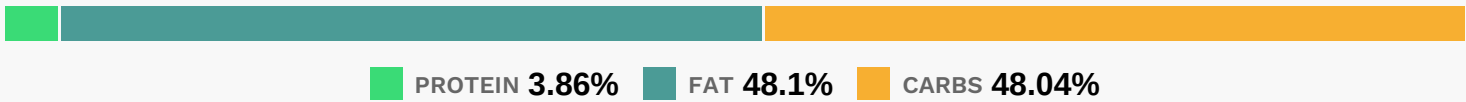


frying pan

Directions

- ☐ Sprinkle eggplant slices with 2 teaspoons salt; let stand 1 hour. Rinse eggplant well, and pat dry.
- ☐ Sprinkle eggplant with remaining 1/4 teaspoon salt and pepper; drizzle with oil.
- ☐ Let stand 15 minutes.
- ☐ Place eggplant on a rack in a broiling pan. Broil 5 inches from heat 10 minutes on each side, basting with barbecue sauce the last 3 minutes.
- ☐ Note: For testing purposes only, we used K.C. Masterpiece for barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:3.2117391461911%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.87kcal (4.39%), Fat: 4.91g (7.55%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 8.57g (3.12%), Sugar: 7.97g (8.86%), Cholesterol: 0mg (0%), Sodium: 1037.35mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Manganese: 0.21mg (10.5%), Fiber: 2.45g (9.82%), Vitamin E: 1.03mg (6.86%), Potassium: 213mg (6.09%), Vitamin K: 5.9µg (5.62%), Folate: 17.13µg (4.28%), Vitamin B6: 0.08mg (3.81%), Copper: 0.08mg (3.75%), Magnesium: 12.92mg (3.23%), Vitamin B3: 0.59mg (2.96%), Vitamin B5: 0.24mg (2.42%), Vitamin B1: 0.03mg (2.23%), Vitamin B2: 0.04mg (2.19%), Phosphorus: 21.63mg (2.16%), Vitamin C: 1.77mg (2.15%), Iron: 0.32mg (1.77%), Calcium: 13.07mg (1.31%), Vitamin A: 53.6IU (1.07%), Zinc: 0.15mg (1.02%)