



Broiled Eggplant with Cilantro Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



50

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 teaspoon cayenne



2 teaspoons cumin seeds toasted



4 ounces eggplants



1 cup cilantro leaves fresh



1 cup flat-leaf parsley fresh



4 garlic cloves



0.8 cup juice of lemon fresh



1.8 cups olive oil

☐ 1 teaspoon salt

Equipment

☐ frying pan

☐ oven

☐ blender

☐ broiler

☐ broiler pan

Directions

☐ Preheat broiler.

☐ Halve eggplants lengthwise.

☐ Brush cut sides with 1/4 cup oil and season with salt. Arrange as many eggplants, cut sides up, as will fit in 1 layer on rack of a broiler pan and broil 2 to 3 inches from heat until browned, about 5 minutes. Turn oven setting to 450°F. and move pan to middle of oven. Roast until tender when pierced with a fork, about 12 minutes. Repeat with remaining eggplants.

☐ Blend remaining 1 1/2 cups oil and remaining ingredients in a blender until emulsified.

☐ Serve eggplants at room temperature, drizzled with vinaigrette.

☐ small (4-oz.) eggplants

☐ tablespoons olive oil

☐ 1/2 teaspoon cumin seeds, toasted

☐ 1/4 cup fresh cilantro

☐ 1/4 cup fresh flat-leaf parsley

☐ garlic clove

☐ 1/4 teaspoon salt

☐ 1/8 teaspoon cayenne

☐ tablespoons lemon juice

☐ ·Eggplants may be cooked 1 day ahead and chilled, covered.·You can make the vinaigrette without lemon juice 8 hours ahead (with lemon juice, only 1 hour ahead) and chill it, covered.

Nutrition Facts



 **PROTEIN 2.6%**  **FAT 83.18%**  **CARBS 14.22%**

Properties

Glycemic Index:3.22, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.5452173812234%

Flavonoids

Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 15.97kcal (0.8%), Fat: 1.56g (2.4%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 47.62mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin K: 21.69µg (20.65%), Vitamin C: 3.24mg (3.93%), Vitamin A: 132.78IU (2.66%), Vitamin E: 0.26mg (1.71%)