



Bruschetta with Melanzane al Fungho



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices peasant bread
- ☐ 4 medium eggplant halved lengthwise thin
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 bunches parsley italian finely chopped
- ☐ 1 medium onion red chopped
- ☐ 4 servings salt and pepper
- ☐ 6 tablespoons virgin olive oil

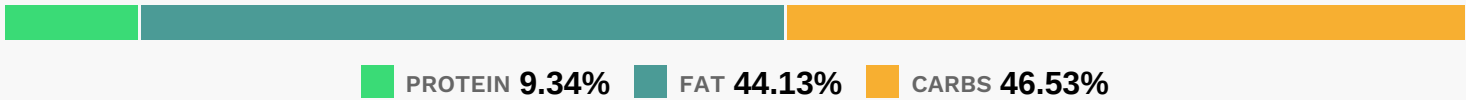
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill or barbecue.
- ☐ In a 10-inch to 12-inch saute pan, heat oil until smoking.
- ☐ Add onions and cook until lightly browned or softened.
- ☐ Add garlic and cook until soft, about 2 minutes.
- ☐ Add eggplant and cook, stirring regularly until golden brown and soft, resembling mushrooms.
- ☐ Remove from heat and season with salt and pepper and allow to cool.
- ☐ Add parsley and mix well.
- ☐ Grill bread on grill or barbecue. Divide eggplant mixture over bread and serve

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:19.23, Inflammation Score:-10, Nutrition Score:33.624782645184%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 477.08kcal (23.85%), Fat: 24.62g (37.88%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 40.98g (14.9%), Sugar: 20.8g (23.11%), Cholesterol: 0mg (0%), Sodium: 485.57mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Vitamin K: 498.95µg (475.19%), Manganese: 1.84mg (91.84%), Fiber: 17.42g (69.68%), Vitamin C: 50.6mg (61.33%), Vitamin A: 2507.99IU (50.16%), Folate: 196.95µg (49.24%), Potassium: 1332.08mg (38.06%), Vitamin B3: 6.52mg (32.59%), Vitamin E: 4.72mg (31.5%), Vitamin B1: 0.45mg (29.93%), Iron: 5.04mg (27.99%), Vitamin B6: 0.52mg (26.21%), Magnesium: 104.46mg (26.11%),

Copper: 0.51mg (25.58%), Selenium: 17.88µg (25.55%), Phosphorus: 208.96mg (20.9%), Vitamin B2: 0.35mg (20.45%), Vitamin B5: 1.9mg (19.03%), Calcium: 159.92mg (15.99%), Zinc: 1.68mg (11.23%)