



Chopped-Eggplant Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

Ingredients

- 2 pounds eggplants
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon paprika
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

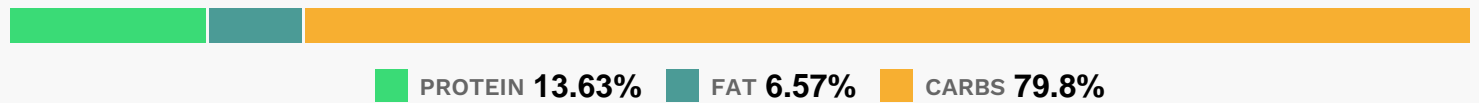
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 40
- Pierce eggplants several times with a fork.
- Place eggplants on a baking sheet, and bake at 400 for 40 minutes or until tender (eggplants should be tender yet firm enough to chop).
- Cut each eggplant lengthwise into quarters; drain well. Peel eggplant; chop pulp.
- Combine the chopped eggplant and remaining ingredients in a medium bowl; stir mixture gently.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:4.848260840644%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 31.14kcal (1.56%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 3.73g (1.36%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 75.95mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin K: 20.54µg (19.56%), Manganese: 0.29mg (14.39%),

Fiber: 3.52g (14.08%), Potassium: 275.68mg (7.88%), Folate: 26.94µg (6.74%), Vitamin C: 4.8mg (5.81%), Vitamin B6: 0.11mg (5.48%), Copper: 0.1mg (4.92%), Magnesium: 17.41mg (4.35%), Vitamin B3: 0.77mg (3.87%), Vitamin A: 173.83IU (3.48%), Vitamin B5: 0.33mg (3.33%), Vitamin B1: 0.05mg (3.22%), Phosphorus: 30.16mg (3.02%), Vitamin B2: 0.05mg (2.71%), Vitamin E: 0.39mg (2.61%), Iron: 0.45mg (2.5%), Calcium: 14.69mg (1.47%), Zinc: 0.21mg (1.42%)