



## Coriander and Cumin Broiled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 0.3 cup cilantro leaves fresh packed
- 1 pinch cinnamon
- 0.5 large eggplant
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin

### Equipment

- bowl
- baking pan
- broiler

## Directions

- Preheat broiler and lightly oil a baking pan.
- Cut eggplant into 1/4-inch-thick slices. Chop cilantro and in a bowl stir together with remaining ingredients and salt and pepper to taste.
- Brush cilantro mixture on both sides of eggplant slices and transfer to baking pan. Broil eggplant 5 to 6 inches from heat until golden and cooked through, about 10 minutes.

## Nutrition Facts

**PROTEIN 3.39%** **FAT 77.4%** **CARBS 19.21%**

## Properties

Glycemic Index:36, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:6.050434799298%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 14.55g (22.38%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 4.24g (1.54%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 5.43mg (0.24%), Alcohol: 0g (100%), Protein: 1.43g (2.87%), Vitamin K: 18.72µg (17.83%), Manganese: 0.34mg (16.77%), Vitamin E: 2.46mg (16.38%), Fiber: 3.88g (15.52%), Potassium: 305.14mg (8.72%), Vitamin C: 6.15mg (7.45%), Folate: 28.04µg (7.01%), Iron: 1.14mg (6.31%), Copper: 0.11mg (5.62%), Magnesium: 22.37mg (5.59%), Vitamin B6: 0.11mg (5.36%), Vitamin B3: 0.83mg (4.15%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 36.14mg (3.61%), Vitamin A: 174.74IU (3.49%), Vitamin B5: 0.34mg (3.43%), Vitamin B2: 0.05mg (3.03%), Calcium: 26.09mg (2.61%), Zinc: 0.27mg (1.8%)