



## Curried Grilled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



17 min.

SERVINGS



6

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons curry powder
- 2 medium eggplants
- 3 tablespoons mint leaves fresh chopped
- 6 servings salt
- 0.3 cup sesame oil

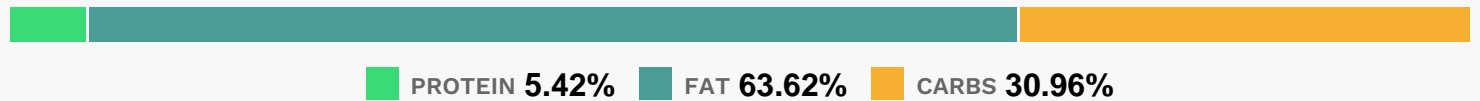
### Equipment

- grill

## Directions

- Prepare grill to medium-high heat.
- Rub eggplant rounds on both sides with sesame oil.
- Sprinkle with curry powder, salt, and pepper. Grill until slightly charred, about 6 minutes per side.
- Sprinkle with mint to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:6.4686955317207%

## Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 126.96kcal (6.35%), Fat: 9.66g (14.86%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 5.11g (1.86%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 198.68mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Manganese: 0.48mg (24.13%), Fiber: 5.47g (21.88%), Potassium: 396.06mg (11.32%), Folate: 39.53µg (9.88%), Vitamin K: 8.74µg (8.32%), Vitamin B6: 0.15mg (7.74%), Copper: 0.15mg (7.48%), Magnesium: 28.63mg (7.16%), Vitamin E: 1.03mg (6.84%), Iron: 1.08mg (6.01%), Vitamin B3: 1.1mg (5.52%), Vitamin C: 4.38mg (5.31%), Phosphorus: 45.6mg (4.56%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.44mg (4.39%), Vitamin B2: 0.07mg (4.06%), Vitamin A: 161.58IU (3.23%), Calcium: 29.94mg (2.99%), Zinc: 0.35mg (2.36%), Selenium: 0.81µg (1.15%)