



 6%
HEALTH SCORE

Easy and Addictive Eggplant "Chips"

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



222 kcal

SIDE DISH

Ingredients

- 4 tablespoons olive oil
- 1 pound eggplant thick sliced in ¼-inch rounds
- 2 teaspoons sea salt dried
- 2 tablespoons soya sauce
- 1 teaspoon sugar organic

Equipment

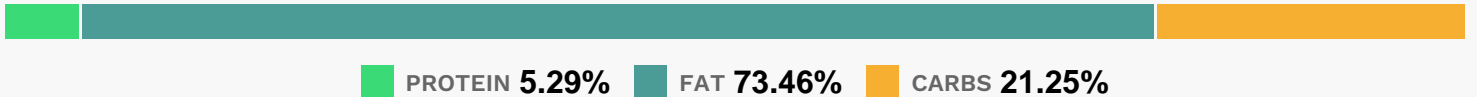
- frying pan
- baking sheet

- oven
- whisk
- spatula

Directions

- Preheat the oven to 400 F.
- Place the eggplant rounds in a single layer on a large cookie sheet.
- Whisk together all of the other items and pour over the eggplant. Turn the slices over so that the marinade can soak into the other side of the eggplant as well.*Allow the eggplant to marinate briefly while the oven is preheating. Turn the slices over again, keeping them in a single layer.
- Bake them for about 10-15 minutes, or until the underside is very nicely browned.Flip the slices over with a spatula and bake for another 5-10 minutes, or until the eggplant is very tender and looks caramelized (gooey and well browned) on both sides.
- Serve immediately.You will have some sauce that doesnt quite absorb into the eggplant. It will bake onto the pan, but if you soak the pan for at least 10 minutes, it will wash off easily.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.46, Inflammation Score:-4, Nutrition Score:7.1478260869565%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 36.92%, Saltiness: 100%, Sourness: 16.81%, Bitterness: 37.54%, Savoriness: 37.66%, Fattiness: 86.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 221.95kcal (11.1%), Fat: 18.97g (29.18%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 7.53g (2.74%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 674.96mg (29.35%), Protein:

3.07g (6.15%), Manganese: 0.43mg (21.54%), Vitamin E: 3.16mg (21.03%), Fiber: 4.81g (19.25%), Vitamin K: 16.54µg (15.75%), Potassium: 396.12mg (11.32%), Vitamin B6: 0.18mg (9.2%), Folate: 36.36µg (9.09%), Copper: 0.15mg (7.47%), Vitamin B3: 1.47mg (7.36%), Magnesium: 27.53mg (6.88%), Phosphorus: 60.18mg (6.02%), Vitamin B1: 0.07mg (4.98%), Vitamin B5: 0.48mg (4.85%), Iron: 0.86mg (4.75%), Vitamin B2: 0.08mg (4.53%), Vitamin C: 3.35mg (4.06%), Zinc: 0.35mg (2.36%), Calcium: 17.93mg (1.79%), Selenium: 1.03µg (1.47%)