



Egg & veggie pittas

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



453 kcal

Ingredients

- ☐ 1 eggplant thick cut into rounds
- ☐ 1.5 tbsp olive oil
- ☐ 1 tbsp harissa
- ☐ 2 eggs
- ☐ 1 tbsp red wine vinegar
- ☐ 2 tsp agave nectar
- ☐ 1 beets raw grated
- ☐ 1 large carrots julienned peeled
- ☐ 0.5 small onion red very finely sliced

- ☐ 4 tbsp nonfat greek yogurt 0%
- ☐ 1 tbsp optional: dill chopped
- ☐ 1 garlic clove crushed
- ☐ 2 day old pita bread

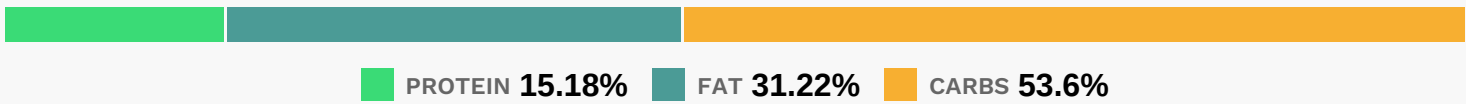
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the aubergine slices on a baking sheet, season, brush with oil and bake for 15 mins. Turn, spread with the harissa, and bake for another 5 mins.
- ☐ Meanwhile, carefully lower the eggs into a pan of boiling water, turn down the heat and simmer for 10 mins. Run under cold water to cool, peel and put to one side.
- ☐ In a bowl, mix the vinegar and agave or sugar with some seasoning, then tip in the beetroot, carrot and onion. In another bowl, mix together the yogurt, dill, garlic and seasoning. Toast the pittas and split them in half. Slice the eggs and put them inside the pittas with the spicy aubergine rounds and some of the beetroot salad. Spoon in the yogurt and serve with any of the remaining aubergine, salad and yogurt on the side.

Nutrition Facts



Properties

Glycemic Index:113.92, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:30.34956509134%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

0.21mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 453.43kcal (22.67%), Fat: 16.41g (25.25%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 63.4g (21.13%), Net Carbohydrates: 50.26g (18.28%), Sugar: 22.18g (24.65%), Cholesterol: 165.18mg (55.06%), Sodium: 473.5mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.93%), Vitamin A: 6386.28IU (127.73%), Manganese: 1.77mg (88.7%), Selenium: 42.68µg (60.97%), Fiber: 13.14g (52.56%), Folate: 152.6µg (38.15%), Phosphorus: 327.65mg (32.76%), Potassium: 1049.76mg (29.99%), Vitamin B6: 0.59mg (29.6%), Vitamin B2: 0.48mg (28.15%), Vitamin B1: 0.37mg (24.72%), Magnesium: 97.53mg (24.38%), Vitamin E: 3.48mg (23.19%), Copper: 0.46mg (22.91%), Vitamin K: 22.16µg (21.11%), Vitamin B5: 2.09mg (20.88%), Iron: 3.72mg (20.68%), Vitamin B3: 3.88mg (19.38%), Vitamin C: 14.25mg (17.28%), Zinc: 2.26mg (15.03%), Calcium: 116.97mg (11.7%), Vitamin B12: 0.6µg (10.03%), Vitamin D: 0.88µg (5.87%)