



Eggplant and Halloumi Roll-Ups

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch cayenne pepper
- 1 eggplant cut into 1/ slices
- 2 teaspoons mint leaves fresh chopped
- 1 cup halloumi cheese grated
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 8 servings salt and pepper to taste

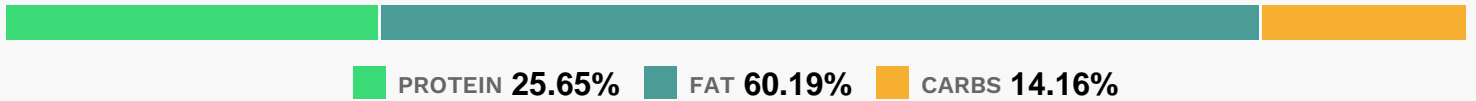
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- Season the eggplant slices with salt and pepper on both sides. Arrange onto the prepared baking sheet so the slices do not overlap.
- Bake in the preheated oven until the eggplant has softened and become slightly dry, about 10 minutes.
- While the eggplant is baking, combine the halloumi, lemon juice, lemon zest, mint, and cayenne pepper in a bowl until evenly blended; set aside until the eggplant has cooked.
- Place a dollop of the cheese mixture onto the narrow end of each eggplant slice.
- Roll the slices up into cylinders and serve.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:3.2599999606609%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 108.47kcal (5.42%), Fat: 7.39g (11.37%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.12g (0.77%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 549.88mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Calcium: 301.65mg (30.16%), Fiber: 1.79g (7.16%), Manganese: 0.13mg (6.72%), Potassium: 135.8mg (3.88%), Vitamin C: 3.05mg (3.7%), Folate: 13.42µg (3.35%), Vitamin B6: 0.05mg (2.53%), Copper: 0.05mg (2.37%), Magnesium: 8.32mg (2.08%), Vitamin K: 2.01µg (1.92%),

Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.17mg (1.67%), Vitamin B1: 0.02mg (1.56%), Phosphorus: 14.12mg (1.41%),
Vitamin B2: 0.02mg (1.3%), Vitamin E: 0.18mg (1.21%)