



Eggplant and Kalamata Olive Spread



Vegetarian



Gluten Free

READY IN



29 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 pound eggplants
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 garlic cloves minced
- ☐ 10 kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 large shallots finely chopped

☐ 2 tablespoons sun-dried tomato paste (such as Amore)

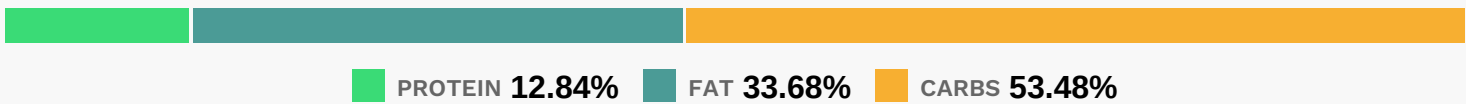
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Pierce eggplants several times with a fork, and microwave at HIGH 8 to 10 minutes or until tender.
- ☐ Cut in half, and let cool in refrigerator 5 minutes. Scrape the eggplant flesh into a medium bowl, discarding skin and seeds.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add shallots and garlic; cook, stirring constantly, 3 minutes.
- ☐ Add eggplant, tomato paste, salt, and pepper; cook 2 minutes, stirring often.
- ☐ Transfer eggplant mixture to food processor bowl, and puree until smooth. Return eggplant mixture to a medium bowl; stir in yogurt and olives. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:5.1043478043183%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 68.01kcal (3.4%), Fat: 2.62g (4.04%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 5.58g (2.03%), Sugar: 5.71g (6.34%), Cholesterol: 0.31mg (0.1%), Sodium: 309mg (13.43%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Fiber: 3.8g (15.19%), Manganese: 0.3mg (15.15%), Potassium: 325.58mg (9.3%), Folate: 29.09µg (7.27%), Vitamin B6: 0.14mg (6.8%), Phosphorus: 56.45mg (5.65%), Copper: 0.11mg (5.44%), Magnesium: 20.95mg (5.24%), Vitamin B2: 0.08mg (4.73%), Calcium: 47.32mg (4.73%), Vitamin K: 4.84µg (4.61%), Vitamin E: 0.68mg (4.52%), Vitamin B5: 0.44mg (4.41%), Vitamin C: 3.37mg (4.08%), Vitamin B3: 0.79mg (3.93%), Vitamin B1: 0.06mg (3.86%), Iron: 0.62mg (3.46%), Vitamin A: 171.21IU (3.42%), Zinc: 0.37mg (2.45%), Selenium: 1.12µg (1.6%), Vitamin B12: 0.09µg (1.56%)