



Eggplant and Tomato Packets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



21 kcal

SIDE DISH

Ingredients

- 1 eggplant peeled halved lengthwise
- 1 pinch garlic salt
- 10 servings ground pepper black to taste
- 2 teaspoons olive oil
- 1 tomatoes halved

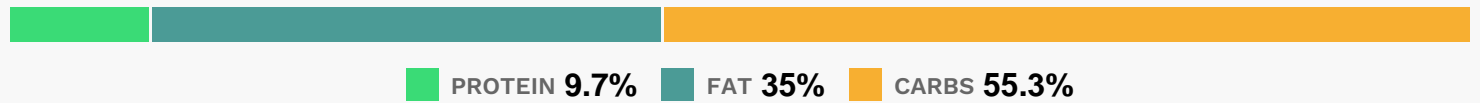
Equipment

- grill
- aluminum foil

Directions

- Preheat an outdoor grill for medium heat.
- Place one eggplant half and one tomato half on each sheet of aluminum foil.
- Sprinkle with garlic salt and black pepper.
- Drizzle with the olive oil. Fold the foil up to form packets.
- Grill the packets until the eggplant and tomato are very tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:2.0304347853298%

Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 20.99kcal (1.05%), Fat: 0.91g (1.4%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 5.44mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Manganese: 0.13mg (6.65%), Fiber: 1.55g (6.19%), Potassium: 135.37mg (3.87%), Vitamin C: 2.69mg (3.26%), Vitamin K: 3.22µg (3.07%), Folate: 11.94µg (2.98%), Vitamin B6: 0.05mg (2.43%), Copper: 0.05mg (2.28%), Vitamin A: 113.54IU (2.27%), Vitamin E: 0.32mg (2.13%), Magnesium: 7.94mg (1.98%), Vitamin B3: 0.37mg (1.86%), Vitamin B1: 0.02mg (1.5%), Vitamin B5: 0.14mg (1.41%), Phosphorus: 14.1mg (1.41%), Vitamin B2: 0.02mg (1.14%)