



Eggplant and Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices beefsteak tomatoes
- 2 slices eggplant
- 10 basil fresh
- 10 basil fresh
- 1 pound mozzarella fresh cut into 1/3-inch slices
- 10 servings pepper black
- 10 servings kosher salt
- 10 servings olive oil extra virgin extra-virgin

Equipment

grill

Directions

- Prepare the grill for direct cooking over medium heat (350 to 450F).
- Brush the eggplant and tomato slices with oil and season evenly with salt and pepper.
- Brush the cooking grates clean. Grill over direct medium heat, with the lid closed as much as possible, until the vegetables are tender and nicely marked, turning once. The eggplant will take about 8 minutes and the tomatoes will take 2 to 4 minutes.
- Remove from the grill as they are done.
- Divide the eggplants, tomatoes, cheese, and basil among four plates.
- Drizzle with a little more olive oil or your favorite salad dressing, if desired.

Nutrition Facts

PROTEIN 15.39% **FAT 82.22%** **CARBS 2.39%**

Properties

Glycemic Index:26.7, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:5.9347826138787%

Flavonoids

Delphinidin: 7.2mg, Delphinidin: 7.2mg, Delphinidin: 7.2mg, Delphinidin: 7.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 262.41kcal (13.12%), Fat: 24.16g (37.17%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.77g (0.86%), Cholesterol: 35.83mg (11.94%), Sodium: 478.7mg (20.81%), Alcohol: 0g (100%), Protein: 10.18g (20.35%), Calcium: 231.96mg (23.2%), Vitamin B12: 1.03µg (17.24%), Phosphorus: 163.24mg (16.32%), Vitamin E: 2.14mg (14.24%), Vitamin K: 13.26µg (12.63%), Selenium: 7.74µg (11.06%), Zinc: 1.35mg (8.98%), Vitamin B2: 0.13mg (7.78%), Vitamin A: 352.97IU (7.06%), Manganese: 0.06mg (2.79%), Magnesium: 10.96mg (2.74%), Iron: 0.33mg (1.86%), Potassium: 58.05mg (1.66%), Folate: 5.61µg (1.4%), Vitamin B6: 0.03mg (1.28%), Vitamin D: 0.18µg (1.21%), Fiber: 0.29g (1.17%), Vitamin B1: 0.02mg (1.16%)