



## 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 globe eggplants
- ☐ 10 basil leaves fresh
- ☐ 1 pound mozzarella cheese fresh cut into 1/3-inch slices
- ☐ 10 servings ground pepper black
- ☐ 10 servings kosher salt
- ☐ 10 servings olive oil extra-virgin

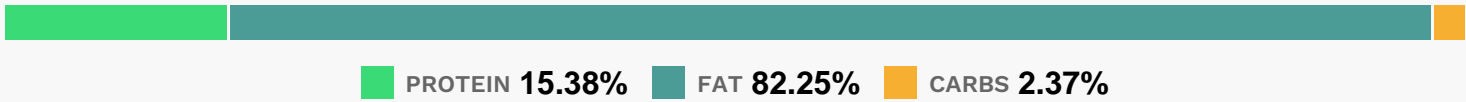
## Equipment

☐ 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



## Properties

Glycemic Index:19.7, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:5.8095651722473%

## 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: 262.32kcal (13.12%), Fat: 24.16g (37.17%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.77g (0.86%), Cholesterol: 35.83mg (11.94%), Sodium: 478.69mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.33%), Calcium: 231.25mg (23.13%), Vitamin B12: 1.03µg (17.24%), Phosphorus: 163.02mg (16.3%), Vitamin E: 2.13mg (14.22%), Selenium: 7.74µg (11.06%), Vitamin K: 11.6µg (11.05%), Zinc: 1.34mg (8.95%), Vitamin B2: 0.13mg (7.76%), Vitamin A: 331.87IU (6.64%), Magnesium: 10.7mg (2.68%), Manganese: 0.05mg (2.56%), Iron: 0.32mg (1.79%), Potassium: 56.87mg (1.62%), Folate: 5.34µg (1.34%), Vitamin B6: 0.02mg (1.25%), Vitamin D: 0.18µg (1.21%), Vitamin B1: 0.02mg (1.15%), Fiber: 0.29g (1.14%)