



Eggplant Antipasto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon basil dried
- 1 large eggplant cubed peeled
- 2 cloves garlic minced
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 0.8 cup mushrooms sliced
- 0.3 cup olive oil
- 1 onion chopped

- 0.3 teaspoon oregano dried
- 0.5 cup stuffed olives green sliced
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 6 ounce tomato paste canned
- 0.3 cup water
- 1.5 teaspoons sugar white




Equipment




- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium baking dish, mix the eggplant, onion, garlic, green bell pepper, mushrooms and olive oil.
- Cook covered 10 minutes in the preheated oven.
- Remove the eggplant mixture from the oven and stir in the water, sliced stuffed green olives, salt, tomato paste, red wine vinegar, sugar, basil, oregano and pepper.
- Continue baking 30 minutes, or until the eggplant is tender.
- Chill the mixture in the refrigerator 8 hour or overnight before serving.

Nutrition Facts

 **PROTEIN 4.63%**  **FAT 70.81%**  **CARBS 24.56%**

Properties

Glycemic Index:45.68, Glycemic Load:2.53, Inflammation Score:-5, Nutrition Score:7.1043477673893%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 168.99kcal (8.45%), Fat: 14.03g (21.58%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 7.08g (2.57%), Sugar: 6.23g (6.92%), Cholesterol: 0mg (0%), Sodium: 604.99mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin E: 2.8mg (18.65%), Vitamin C: 12.89mg (15.63%), Fiber: 3.87g (15.46%), Manganese: 0.31mg (15.36%), Vitamin K: 13.63µg (12.98%), Potassium: 351.44mg (10.04%), Copper: 0.19mg (9.3%), Vitamin B6: 0.18mg (8.86%), Folate: 27.54µg (6.88%), Vitamin B3: 1.38mg (6.88%), Vitamin B2: 0.1mg (5.98%), Magnesium: 22.56mg (5.64%), Vitamin B1: 0.08mg (5.24%), Vitamin B5: 0.51mg (5.15%), Iron: 0.91mg (5.07%), Phosphorus: 47.43mg (4.74%), Calcium: 33.17mg (3.32%), Vitamin A: 155.99IU (3.12%), Selenium: 1.87µg (2.67%), Zinc: 0.33mg (2.19%)