


 **7%**
HEALTH SCORE

Eggplant Bruschetta

 **Gluten Free**

READY IN

15 min.

SERVINGS

8

CALORIES

64 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 1 medium eggplant peeled cut into 1/4-inch slices
- 2 tablespoons basil fresh minced
- 2 tablespoons basil fresh minced
- 2 tablespoons parmesan shredded
- 4 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon salt
- 3 medium tomatoes seeded chopped

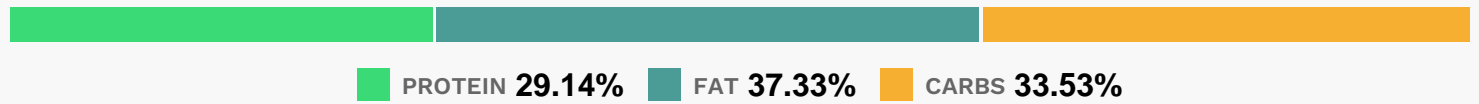
Equipment

- colander
- broiler pan

Directions

- Place eggplant slices in a colander over a plate; sprinkle with salt and gently toss.
- Let stand for 30 minutes. Rinse and drain well. Coat both sides of each slice with cooking spray.
- Place on a broiler pan. Top eggplant with tomatoes, basil and cheeses. Broil 6 in. from the heat for 5–7 minutes or until eggplant is tender and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:5.4939129961574%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 63.75kcal (3.19%), Fat: 2.78g (4.28%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 3.33g (1.21%), Sugar: 3.41g (3.79%), Cholesterol: 9.92mg (3.31%), Sodium: 256.6mg (11.16%), Alcohol: 0g (100%), Protein: 4.88g (9.77%), Calcium: 137.27mg (13.73%), Vitamin A: 528.08IU (10.56%), Phosphorus: 99.67mg (9.97%), Manganese: 0.2mg (9.95%), Vitamin K: 10.05µg (9.57%), Vitamin C: 7.76mg (9.4%), Fiber: 2.29g (9.15%), Potassium: 256.46mg (7.33%), Folate: 21.56µg (5.39%), Vitamin B6: 0.1mg (4.88%), Vitamin B2: 0.08mg (4.58%), Magnesium: 17.54mg (4.39%), Copper: 0.08mg (4.07%), Zinc: 0.6mg (4.03%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.67mg (3.36%), Vitamin E: 0.45mg (3.01%), Vitamin B1: 0.04mg (2.85%), Vitamin B5: 0.22mg (2.21%), Vitamin B12: 0.13µg (2.19%), Iron: 0.33mg (1.84%)