



Eggplant Bruschetta with Pita Chips



Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced
- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium eggplant peeled cut lengthwise into slices
- ☐ 0.3 cup feta cheese crumbled finely
- ☐ 1 juice of lemon juiced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin for eggplant, plus 4 tablespoons, for bruschetta mix
- ☐ 2 tablespoons freshly oregano leaves chopped

- ☐ 3 plum tomatoes diced seeded finely
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 tablespoons freshly thyme leaves chopped
- ☐ 4 mediterranean flatbreads

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Cut flatbreads into 8 wedges.
- ☐ Place wedges into a large bowl and drizzle with 4 tablespoons olive oil.
- ☐ Sprinkle with black pepper and toss to coat.
- ☐ Place on an ungreased baking sheet and lightly top with feta cheese.
- ☐ Bake for 5 to 8 minutes.
- ☐ Remove from oven and set aside.
- ☐ Preheat grill to medium-high heat.
- ☐ Brush eggplant with 4 tablespoons extra-virgin olive oil and season with salt and pepper.
- ☐ Place on grill and cook for 2 minutes on each side or until tender.
- ☐ Remove from grill and dice.
- ☐ Add the eggplant to a bowl, stir in remaining ingredients, including 4 tablespoons of olive oil, and toss to combine.
- ☐ Serve with toasted pita chips.

Nutrition Facts



 **PROTEIN 6.17%**  **FAT 64.86%**  **CARBS 28.97%**

Properties

Glycemic Index:62.25, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:22.096521906231%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 506.87kcal (25.34%), Fat: 38.58g (59.35%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 27.35g (9.95%), Sugar: 7.04g (7.82%), Cholesterol: 8.34mg (2.78%), Sodium: 285.02mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Manganese: 1.3mg (65%), Vitamin K: 51.69µg (49.23%), Fiber: 11.43g (45.7%), Vitamin E: 6.4mg (42.65%), Selenium: 19.68µg (28.12%), Vitamin C: 22.48mg (27.25%), Folate: 98.9µg (24.73%), Vitamin B6: 0.45mg (22.53%), Potassium: 753.41mg (21.53%), Iron: 3.66mg (20.35%), Magnesium: 78.24mg (19.56%), Copper: 0.37mg (18.69%), Phosphorus: 176.69mg (17.67%), Vitamin B1: 0.25mg (16.91%), Vitamin B3: 3.31mg (16.56%), Vitamin B5: 1.53mg (15.34%), Vitamin B2: 0.26mg (15.22%), Vitamin A: 736.96IU (14.74%), Calcium: 128.92mg (12.89%), Zinc: 1.6mg (10.66%), Vitamin B12: 0.16µg (2.64%)