



Eggplant Caprese with Grilled Tomato and Basil Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil plus sprigs fresh chopped for garnish
- ☐ 1 pound globe eggplant trimmed
- ☐ 2 pounds heirloom tomatoes assorted thinly sliced (4 large) (preferably colors)
- ☐ 14 ounce buffalo mozzarella cheese fresh drained thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 4 ounces plum tomatoes
- ☐ 1 tablespoon citrus champagne vinegar

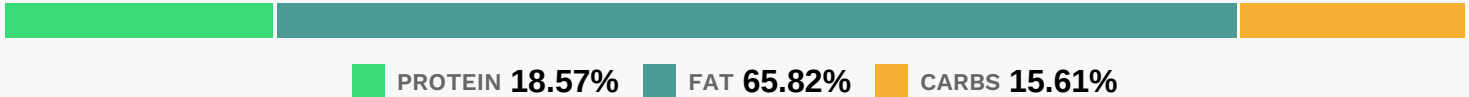
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare barbecue (medium heat). Arrange eggplant slices on baking sheet.
- ☐ Brush both sides with oil and sprinkle with salt and pepper. Grill until slightly charred and tender, turning occasionally and moving to cook evenly, about 5 minutes.
- ☐ Transfer to foil-lined baking sheet. Grill plum tomato until skin is charred and split, turning often, about 5 minutes.
- ☐ Transfer to sheet with eggplant and cool. Core plum tomato; place in blender.
- ☐ Add chopped basil, vinegar, and 1/4 cup oil. Blend until smooth. Season with salt and pepper.
- ☐ Transfer to small bowl. DO AHEAD Eggplant and dressing can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Overlap eggplant slices, cheese slices, and heirloom tomato slices on individual plates or large platter.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle salad with dressing and garnish with basil sprigs.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:2.4, Inflammation Score:-9, Nutrition Score:16.031739311374%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 311.11kcal (15.56%), Fat: 23.4g (36%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 8.16g (2.97%), Sugar: 7.73g (8.59%), Cholesterol: 50.27mg (16.76%), Sodium: 281mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Calcium: 1501.53mg (150.15%), Vitamin A: 3456.02IU (69.12%), Vitamin C: 25.22mg (30.57%), Vitamin K: 27.03µg (25.75%), Manganese: 0.39mg (19.29%), Potassium: 624.91mg (17.85%), Fiber: 4.33g (17.32%), Vitamin E: 2.45mg (16.35%), Folate: 43.05µg (10.76%), Vitamin B6: 0.2mg (10.08%), Copper: 0.17mg (8.35%), Vitamin B3: 1.51mg (7.57%), Magnesium: 30.25mg (7.56%), Vitamin B1: 0.09mg (6.19%), Phosphorus: 59.91mg (5.99%), Iron: 1mg (5.56%), Vitamin B5: 0.37mg (3.67%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.42mg (2.81%)