

Eggplant Caviar



Vegetarian



Vegan



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds eggplant halved
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 8 servings olive oil for brushing, plus 2 ounces
- ☐ 8 servings pita wedges
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 shallots minced
- ☐ 1 pound tomatoes peeled chopped

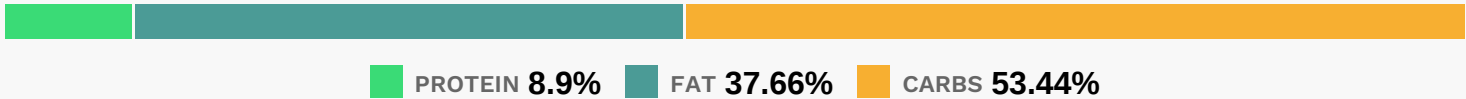
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Brush eggplant with olive oil and roast eggplants at 350 degrees for 30 minutes or until soft.
- ☐ Saute the garlic and shallots in 2 ounces olive oil over low heat until they are translucent and aromatic.
- ☐ After the eggplant has cooled, remove the pulp from the skins, and place in a food processor and process until smooth.
- ☐ Place mixture in a bowl and add remaining ingredients along with garlic and shallots. Season, to taste, with salt and pepper, and serve with pita wedges

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:32.01, Inflammation Score:-7, Nutrition Score:14.133478387542%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 352.48kcal (17.62%), Fat: 15.22g (23.41%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 39.62g (14.41%), Sugar: 10.1g (11.22%), Cholesterol: 0mg (0%), Sodium: 308.87mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Manganese: 0.92mg (45.83%), Fiber: 8.98g (35.94%), Potassium: 753.16mg (21.52%), Vitamin E: 3.01mg (20.09%), Vitamin K: 21.08µg (20.08%), Folate: 74.78µg (18.69%), Vitamin C: 15.18mg (18.4%), Vitamin B1: 0.27mg (17.78%), Copper: 0.32mg (16.16%), Vitamin B3: 3.04mg (15.18%), Vitamin B6: 0.3mg (14.85%), Magnesium: 54.63mg (13.66%), Phosphorus: 128.86mg (12.89%), Vitamin A: 525.62IU (10.51%), Vitamin B5: 0.94mg (9.43%), Iron: 1.65mg (9.17%), Vitamin B2: 0.15mg (8.98%), Calcium: 80.08mg (8.01%), Zinc: 0.98mg (6.5%), Selenium: 0.98µg (1.4%)