



Eggplant Caviar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth dry white
- ☐ 1 medium eggplant diced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon hot sauce
- ☐ 1 large onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 4 plum tomatoes peeled seeded chopped

- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon worcestershire sauce

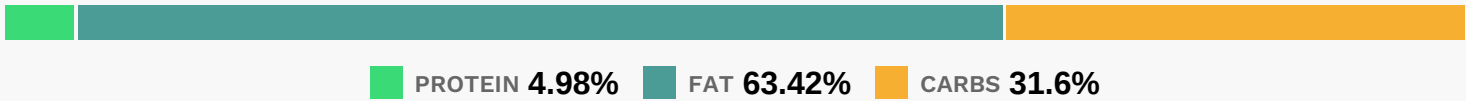
Equipment

- ☐ frying pan

Directions

- ☐ Saute first 3 ingredients in hot oil in a large skillet over medium-high heat 5 minutes; add eggplant, and saute 10 minutes or until tender. Stir in tomato and remaining ingredients. Cook, stirring occasionally, 5 minutes or until liquid is absorbed.
- ☐ Serve warm, or chill up to 1 week.
- ☐ Serve with crackers or toasted pita bread triangles.
- ☐ Prep: 20 min., Cook: 20 min.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:14.955652268037%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 279.88kcal (13.99%), Fat: 18.75g (28.85%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 13.8g (5.02%), Sugar: 11.26g (12.51%), Cholesterol: 0mg (0%), Sodium: 849.18mg (36.92%), Alcohol: 4.12g (100%), Alcohol %: 1.34% (100%), Protein: 3.31g (6.62%), Vitamin C: 52.16mg (63.22%), Vitamin K: 49.21µg

(46.87%), Manganese: 0.69mg (34.34%), Fiber: 7.23g (28.91%), Potassium: 746.87mg (21.34%), Vitamin B6: 0.39mg (19.55%), Vitamin A: 877.24IU (17.54%), Vitamin E: 2.56mg (17.04%), Folate: 60.21µg (15.05%), Copper: 0.24mg (11.75%), Magnesium: 44.85mg (11.21%), Vitamin B1: 0.14mg (9.6%), Phosphorus: 91.05mg (9.1%), Vitamin B3: 1.81mg (9.04%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.64mg (6.39%), Iron: 1.11mg (6.17%), Calcium: 48.9mg (4.89%), Zinc: 0.6mg (4.03%), Selenium: 1.06µg (1.51%)