



Eggplant Caviar with Pita Wedges

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



38 kcal

SIDE DISH

Ingredients

- 1 teaspoon sesame oil dark
- 1 pound eggplant
- 2 garlic cloves
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.3 teaspoon oregano dried
- 0.5 cup parsley sprigs fresh

- 5 7-inch pitas toasted cut into 8 wedges and ()
- 0.5 teaspoon salt
- 0.3 cup walnuts coarsely chopped

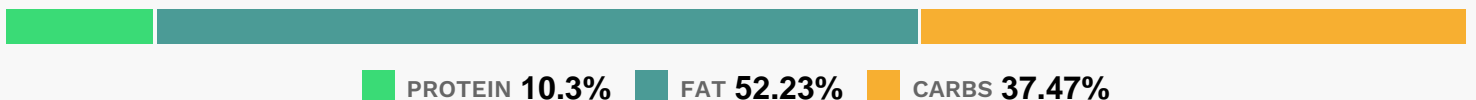
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 50
- Arrange eggplant in a single layer on a baking sheet coated with cooking spray; lightly coat both sides of eggplant with cooking spray.
- Bake at 500 for 15 minutes, turning after 8 minutes.
- Heat oil in a small skillet over medium-high heat.
- Add walnuts, oregano, and garlic; saut 2 minutes. Drop walnut mixture through food chute with food processor on, and process until minced. Drop parsley through food chute with food processor on, and process until minced.
- Add eggplant, lemon rind, lemon juice, salt, and red pepper, and process until smooth. Spoon eggplant mixture into a bowl, and sprinkle with parsley, if desired.
- Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:5.0786956626436%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 38.07kcal (1.9%), Fat: 2.44g (3.75%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.76g (1.96%), Cholesterol: 0mg (0%), Sodium: 121.76mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin K: 51.28µg (48.84%), Manganese: 0.23mg (11.32%), Vitamin C: 6.09mg (7.38%), Fiber: 1.74g (6.96%), Vitamin A: 285.64IU (5.71%), Copper: 0.09mg (4.57%), Folate: 18.04µg (4.51%), Potassium: 139.92mg (4%), Vitamin B6: 0.07mg (3.35%), Magnesium: 13.09mg (3.27%), Phosphorus: 24.51mg (2.45%), Iron: 0.42mg (2.33%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.39mg (1.95%), Vitamin B5: 0.16mg (1.65%), Vitamin B2: 0.03mg (1.55%), Vitamin E: 0.21mg (1.41%), Zinc: 0.21mg (1.4%), Calcium: 13.91mg (1.39%)