



Eggplant Chips

READY IN



40 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs soft
- ☐ 1 eggplant sliced into strips
- ☐ 2 sprigs parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 cup romano cheese grated
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons vegetable oil

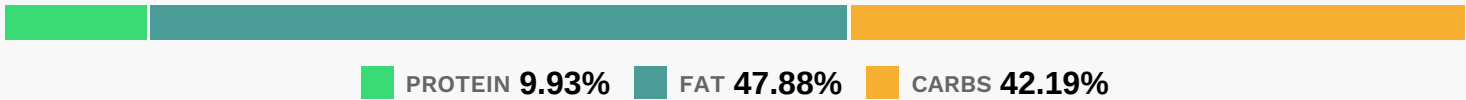
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cut eggplant strips in half again, lengthwise.
- ☐ Lay strips on a baking sheet.
- ☐ In a small bowl combine bread crumbs, Romano cheese, garlic, parsley, oregano, salt and pepper.
- ☐ Sprinkle over eggplant strips and drizzle with oil.
- ☐ Bake in preheated oven for 25 minutes, or until crispy.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:7.6752173890886%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 156.12kcal (7.81%), Fat: 8.58g (13.2%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 12.83g (4.67%), Sugar: 4.92g (5.47%), Cholesterol: 3.25mg (1.08%), Sodium: 332.87mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin K: 27.24µg (25.94%), Manganese: 0.42mg (20.83%), Fiber: 4.18g (16.72%), Vitamin B1: 0.18mg (11.92%), Folate: 41.23µg (10.31%), Potassium: 300.32mg (8.58%), Vitamin B3: 1.66mg (8.32%), Phosphorus: 75.31mg (7.53%), Calcium: 74.42mg (7.44%), Copper: 0.13mg (6.64%),

Vitamin B2: 0.11mg (6.53%), Vitamin E: 0.97mg (6.45%), Vitamin B6: 0.13mg (6.38%), Selenium: 4.32µg (6.17%),
Magnesium: 24.23mg (6.06%), Iron: 1.08mg (5.99%), Vitamin B5: 0.42mg (4.18%), Vitamin C: 3.42mg (4.15%), Zinc:
0.48mg (3.21%), Vitamin A: 85.74IU (1.71%), Vitamin B12: 0.08µg (1.37%)