



Eggplant Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



19 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1.5 pounds eggplant peeled cut into 1/2-inch dice
- ☐ 2 garlic cloves
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon hungarian paprika sweet
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 1 tablespoon parsley chopped
- ☐ 15 servings salt and pepper freshly ground

- ☐ 0.3 cup tomato sauce such as marinara or canned tomato puree
- ☐ 3 medium tomatoes grated
- ☐ 1 tablespoon citrus champagne vinegar

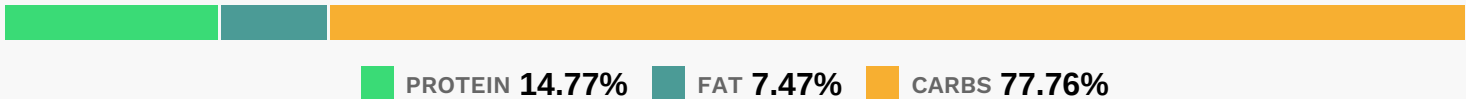
Equipment

- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Set the diced eggplant in a steamer basket. Set the basket over 1 inch of water and bring to a simmer. Cover and steam the eggplant until tender, 12 minutes; drain well.
- ☐ In a large skillet, combine the tomatoes with the garlic, cumin and paprika and simmer over moderate heat until thickened, 5 minutes.
- ☐ Add the tomato sauce and the eggplant and simmer, gently stirring a few times, until the eggplant is flavored with the sauce, 3 minutes.
- ☐ Remove from the heat and stir in the vinegar. Season with salt and pepper; add the lemon zest, cilantro and parsley.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:3.0121738819972%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 18.53kcal (0.93%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 201.79mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin K: 8.35µg (7.95%), Manganese: 0.15mg (7.67%), Fiber: 1.79g (7.15%), Vitamin C: 5.29mg (6.41%), Vitamin A: 284.24IU (5.68%), Potassium: 181.14mg (5.18%), Folate: 14.69µg (3.67%), Vitamin B6: 0.07mg (3.55%), Copper: 0.06mg (3.1%), Magnesium: 10.64mg (2.66%), Vitamin B3: 0.51mg (2.54%), Vitamin E: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.12%), Phosphorus: 19.67mg (1.97%), Iron: 0.33mg (1.86%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.03mg (1.5%), Calcium: 10.35mg (1.03%)