

Eggplant Creole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- 0.5 bell pepper chopped
- 15 ounce canned tomatoes diced salt-free canned
- 2 ribs celery chopped
- 0.3 tsp celery seed
- 1 tsp thyme dried
- 1 lb eggplant diced
- 2 cloves garlic minced
- 1 tsp hot sauce to taste

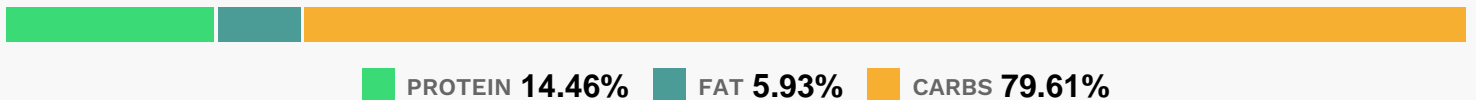
- 0.5 tsp nori seaweed (or other seaweed)
- 1 medium onion diced
- 2 tbsp parsley minced
- 4 servings pepper freshly ground
- 0.1 tsp bell pepper red to taste ()
- 4 servings salt to taste
- 0.5 tsp sugar
- 2 tbsp tomato paste
- 1 cup vegetable stock
- 0.1 tsp pepper white

Equipment

Directions

- Add eggplant and sauté for 5 more minutes.
- Add remaining ingredients, reduce heat, and cook until eggplant is completely tender, about 20–30 minutes.
- Serve over rice, garnished with additional parsley.

Nutrition Facts



Properties

Glycemic Index:111.27, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:16.139565405638%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 96.79kcal (4.84%), Fat: 0.74g (1.14%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 15.19g (5.52%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 686.04mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin K: 54.63µg (52.02%), Vitamin C: 40.26mg (48.81%), Manganese: 0.64mg (32.15%), Fiber: 7.14g (28.57%), Vitamin A: 1270.79IU (25.42%), Potassium: 802.65mg (22.93%), Vitamin B6: 0.39mg (19.51%), Copper: 0.35mg (17.6%), Folate: 63.97µg (15.99%), Vitamin E: 2.36mg (15.74%), Iron: 2.71mg (15.08%), Vitamin B3: 2.59mg (12.97%), Magnesium: 50.21mg (12.55%), Vitamin B1: 0.16mg (10.78%), Phosphorus: 90.12mg (9.01%), Vitamin B2: 0.15mg (8.85%), Calcium: 80.06mg (8.01%), Vitamin B5: 0.78mg (7.79%), Zinc: 0.71mg (4.72%), Selenium: 1.9µg (2.71%)