



Eggplant Crostini

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.5 ounce crusty baguette
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound eggplant
- ☐ 2 tablespoons mint leaves fresh
- ☐ 1 garlic clove minced
- ☐ 2.5 tablespoons juice of lemon fresh divided
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 cup cherry tomatoes green red yellow quartered

- ☐ 1 ounce parmesan shaved
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup greek yogurt plain

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ drinking straws

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Slice eggplant into 1-inch-thick slices; brush both sides evenly with 1 tablespoon oil.
- ☐ Place eggplant in a single layer on a grill rack coated with cooking spray; grill 6 minutes on each side or until eggplant is tender.
- ☐ Brush both sides of bread slices evenly with 2 tablespoons oil.
- ☐ Place bread slices in a single layer on a grill rack coated with cooking spray; grill 1 minute on each side or until toasted.
- ☐ Combine eggplant, 1/4 teaspoon salt, 1 tablespoon juice, and next 3 ingredients (through garlic) in a food processor; pulse until coarsely chopped. Spoon about 1 heaping tablespoon eggplant mixture on each bread slice.
- ☐ Combine arugula, tomatoes, and mint in a bowl.
- ☐ Drizzle with remaining 1 1/2 tablespoons juice and remaining 1 tablespoon oil.
- ☐ Sprinkle with remaining 1/4 teaspoon salt; toss to coat. Divide salad mixture evenly among bread slices; top evenly with cheese.
- ☐ Wine note: Bourillon-D'orleans Vouvray Sec, Vieilles Vignes, Coulee d'Argent 2008 (\$22), is a bright, crisp, medium-bodied chenin blanc from the Touraine region of the Loire Valley. Its racy backbone of lemongrass and straw has enough body and acid to stand up to the grill flavors and cut the creamy tartness of the yogurt. --Alexander Spacher

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:4.7160868900626%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 102.89kcal (5.14%), Fat: 7.9g (12.16%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.02g (1.46%), Sugar: 2.95g (3.28%), Cholesterol: 2.72mg (0.91%), Sodium: 219.83mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Manganese: 0.21mg (10.32%), Vitamin C: 8.2mg (9.94%), Vitamin K: 9.62µg (9.16%), Vitamin E: 1.28mg (8.53%), Fiber: 2.06g (8.25%), Calcium: 66.62mg (6.66%), Potassium: 209.14mg (5.98%), Phosphorus: 56.96mg (5.7%), Folate: 22.3µg (5.57%), Vitamin A: 245.47IU (4.91%), Vitamin B6: 0.08mg (4.1%), Vitamin B2: 0.07mg (3.94%), Magnesium: 15.09mg (3.77%), Copper: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.07%), Vitamin B3: 0.61mg (3.04%), Selenium: 2.06µg (2.94%), Iron: 0.51mg (2.85%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.3mg (1.97%), Vitamin B12: 0.09µg (1.44%)