



Eggplant Fries with Tzatziki Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



295 kcal

SIDE DISH

Ingredients

- 0.5 eggplant cut into strips
- 1 cup breadcrumbs
- 2 servings seasoning italian to taste
- 0.3 cup yogurt plain low-fat
- 1 eggs lightly beaten

Equipment

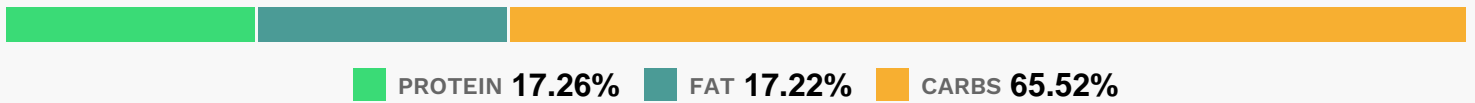
- food processor
- bowl

- baking paper
- oven
- baking pan

Directions

- Preheat oven to 450F
- Mix salt, garlic powder, italian seasonings, and paprika in a bowl.
- In another bowl, mix yogurt & egg together.
- First place the eggplant strips into egg/yogurt mixture then coat them in flour mixture evenly.
- Place them in a parchment paper or greased baking pan and bake for 10-15 minutes rotating once and until slightly brown.
- In a food processor, put cucumber (seeded, peeled), yogurt, dill, lemon juice, garlic cloves, salt together until smooth.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:16.474782608696%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 295.33kcal (14.77%), Fat: 5.68g (8.74%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 42.32g (15.39%), Sugar: 9.67g (10.74%), Cholesterol: 83.68mg (27.89%), Sodium: 450.5mg (19.59%), Protein: 12.8g (25.6%), Manganese: 0.82mg (40.96%), Vitamin B1: 0.59mg (39.39%), Selenium: 21.76µg (31.09%), Vitamin B2: 0.43mg (25.37%), Fiber: 6.29g (25.16%), Folate: 99.05µg (24.76%), Vitamin B3: 4.42mg (22.12%), Phosphorus: 205.72mg (20.57%), Iron: 3.65mg (20.27%), Calcium: 193.46mg (19.35%), Potassium: 482.67mg (13.79%), Vitamin K: 13.92µg (13.25%), Copper: 0.26mg (12.83%), Magnesium: 49.8mg (12.45%), Vitamin B5: 1.15mg (11.47%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.55mg (10.33%), Vitamin B12: 0.56µg (9.27%), Vitamin E: 0.81mg (5.4%), Vitamin A: 177.76IU (3.56%), Vitamin C: 2.79mg (3.38%), Vitamin D: 0.44µg (2.93%)