



Eggplant Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 pinches ground pepper
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 chili peppers dried crumbled
- ☐ 1 garlic clove
- ☐ 1 pound eggplant
- ☐ 1.8 tsp kosher salt divided
- ☐ 7 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup onion diced

- ☐ 0.5 teaspoon paprika
- ☐ 1 sprig rosemary
- ☐ 1 pound tomatoes red ripe

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ chefs knife

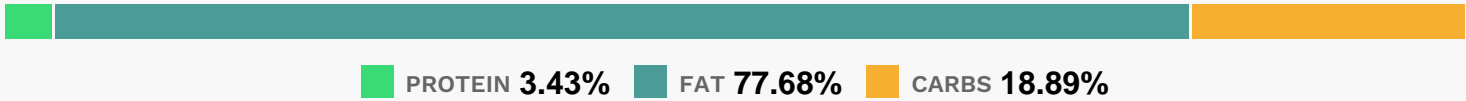
Directions

- ☐ Cut eggplant into 1/2-in.-thick slices, score with a paring knife in a tic-tac-toe pattern on both sides, and season with about 1/2 tsp. salt.
- ☐ Let sit 10 minutes, then blot dry with paper towels.
- ☐ Meanwhile, bring a large pot of water to a boil.
- ☐ Heat a large frying pan over high heat, 2 minutes. Cooking in 2 batches, swirl in oil (3 tbsp. per batch) and wait 1 minute.
- ☐ Add eggplant slices in a single layer. Once they start to color, turn slices over and cook until tender and golden, another 3 to 4 minutes.
- ☐ Transfer to a paper towel-lined baking sheet.
- ☐ Chop eggplant coarsely and toss in a large bowl with paprika, cayenne, and 1 tsp. salt. Mince garlic clove, sprinkle with a pinch of salt, and mash to a paste with the flat side of your chef's knife.
- ☐ Add paste to eggplant along with cilantro.
- ☐ Blanch tomatoes in boiling water, 30 seconds. Cool in a bowl of ice water, then slip off skins. Core tomatoes and cut each in half horizontally. Squeeze out seeds and pulp into a strainer

set in a bowl. Chop tomatoes coarsely; add juice to bowl.

- ☐ Heat a large (not nonstick) frying pan over medium heat, 2 minutes. Swirl in remaining 1 tbsp. oil, add rosemary and chile, and heat another minute.
- ☐ Add onion and saut until onion is translucent, 3 to 4 minutes.
- ☐ Add chopped tomatoes and juices. Season with remaining 1/4 tsp. salt and cook until most of liquid has evaporated, 6 to 8 minutes.
- ☐ Add eggplant to pan, turn heat to high, and cook another 6 to 8 minutes, stirring often, until well integrated and jammy in texture.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:4.8934782536133%

Flavonoids

Delphinidin: 43.19mg, Delphinidin: 43.19mg, Delphinidin: 43.19mg, Delphinidin: 43.19mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 123.24kcal (6.16%), Fat: 11.15g (17.15%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 3.7g (1.35%), Sugar: 3.54g (3.94%), Cholesterol: 0mg (0%), Sodium: 456.57mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin E: 2.1mg (13.97%), Vitamin K: 12.95µg (12.33%), Vitamin A: 599.88IU (12%), Vitamin C: 8.99mg (10.9%), Manganese: 0.2mg (9.99%), Fiber: 2.4g (9.59%), Potassium: 257.99mg (7.37%), Vitamin B6: 0.11mg (5.3%), Folate: 20.75µg (5.19%), Copper: 0.08mg (3.87%), Magnesium: 14.22mg (3.55%), Vitamin B3: 0.68mg (3.38%), Vitamin B1: 0.04mg (2.95%), Phosphorus: 28.42mg (2.84%), Iron: 0.39mg (2.17%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.2mg (2.03%), Calcium: 13.42mg (1.34%), Zinc: 0.2mg (1.32%)