



Eggplant Mexicano

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- 0.5 cup canola oil
- 1 medium eggplant peeled cut into 1/2-inch slices
- 1 teaspoon garlic powder
- 0.5 cup monterrey jack cheese shredded
- 1 teaspoon oregano dried
- 0.7 cup salsa warmed

Equipment

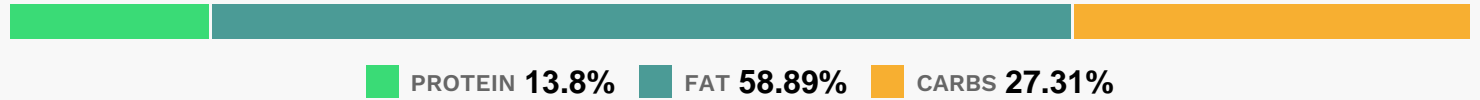
- bowl

grill

Directions

In a small bowl, combine the oil, garlic powder and oregano; brush over both sides of eggplant. Grill, uncovered, over medium heat for 4 minutes on each side or until tender. Spoon a small amount of salsa into the center of each; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:5.1517391360324%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 98.13kcal (4.91%), Fat: 6.8g (10.46%), Saturated Fat: 2.1g (13.2%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.87g (4.3%), Cholesterol: 8.38mg (2.79%), Sodium: 247.92mg (10.78%), Alcohol: 0g (100%), Protein: 3.58g (7.17%), Fiber: 3g (11.99%), Manganese: 0.23mg (11.62%), Calcium: 90.93mg (9.09%), Vitamin E: 1.32mg (8.82%), Vitamin K: 8.86µg (8.43%), Potassium: 267.13mg (7.63%), Phosphorus: 71.94mg (7.19%), Vitamin B6: 0.13mg (6.71%), Folate: 20.67µg (5.17%), Magnesium: 18.85mg (4.71%), Vitamin A: 234.31IU (4.69%), Vitamin B2: 0.08mg (4.51%), Copper: 0.09mg (4.42%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.3mg (2.99%), Vitamin B1: 0.04mg (2.94%), Iron: 0.52mg (2.86%), Selenium: 1.99µg (2.84%), Vitamin C: 2.24mg (2.72%), Vitamin B12: 0.08µg (1.3%)