



Eggplant Omelet Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggplant
- ☐ 3 eggs
- ☐ 2 cloves garlic minced peeled
- ☐ 3 tablespoons olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 1 large tomatoes diced

Equipment

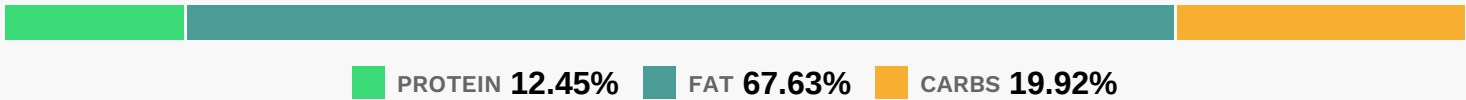
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Wrap eggplant in foil, and bake 35 minutes, or until soft.
- ☐ Remove from heat, and cool slightly. Skin and chop.
- ☐ Heat olive oil in a medium skillet over medium heat. Stir in the tomatoes and garlic, and cook until tender.
- ☐ Mix eggplant into the skillet, and mash together with the tomato and garlic. Stir in the eggs, and cook until no longer runny. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:4.6695652370868%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 89.53kcal (4.48%), Fat: 6.97g (10.73%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.69g (2.99%), Cholesterol: 61.38mg (20.46%), Sodium: 219.74mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Manganese: 0.18mg (8.82%), Vitamin E: 1.22mg (8.16%), Fiber: 2.01g (8.02%), Selenium: 5.34µg (7.63%), Vitamin K: 7.02µg (6.69%), Potassium: 210.89mg (6.03%), Vitamin B2: 0.1mg (5.98%), Folate: 23.78µg (5.95%), Vitamin A: 291.84IU (5.84%), Vitamin C: 4.61mg (5.59%), Phosphorus: 53.02mg (5.3%), Vitamin B6: 0.1mg (5.18%), Vitamin B5: 0.44mg (4.39%), Copper: 0.07mg (3.7%), Magnesium: 12.69mg (3.17%), Iron: 0.53mg (2.92%), Vitamin B3: 0.52mg (2.62%), Vitamin B1: 0.04mg (2.59%), Vitamin B12: 0.15µg (2.45%), Zinc: 0.35mg (2.35%), Vitamin D: 0.33µg (2.2%), Calcium: 18.2mg (1.82%)