



## Eggplant Pepper Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



40 kcal

SIDE DISH

### Ingredients

- 1 medium eggplant cut in half lengthwise
- 0.3 cup parsley fresh minced
- 1 garlic clove minced
- 2 tablespoons olive oil
- 1 tablespoon oregano dried fresh minced
- 0.3 teaspoon pepper
- 0.8 teaspoon salt
- 3 medium bell pepper sweet yellow cut in half lengthwise

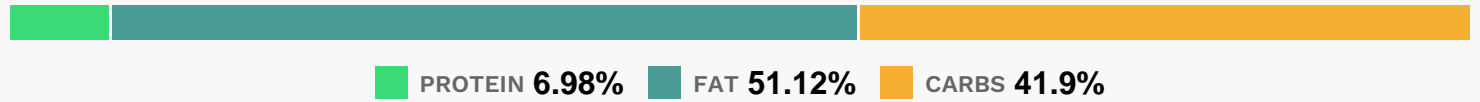
# Equipment

- bowl
- broiler pan

# Directions

- Place peppers skin side up on an ungreased a broiler pan. Broil for 10–15 minutes or until tender and skin is blistered.
- Place in a large bowl; cover and let stand for 15–20 minutes. Peel off and discard charred skin.
- Meanwhile, broil eggplant skin side up for 5–7 minutes or until tender and skin is blistered.
- Place in a small bowl, cover and let stand for 15–20 minutes. Peel off and discard charred skin.
- Cut peppers into strips and eggplant into cubes.
- In a large bowl, combine the oil and garlic.
- Add peppers, eggplant, parsley, oregano, salt and pepper. Toss to coat.
- Serve at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:10.75, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:6.5504347060038%

# Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

# Nutrients (% of daily need)

Calories: 40.23kcal (2.01%), Fat: 2.49g (3.84%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 147.6mg (6.42%), Alcohol: 0g (100%), Protein: 0.77g (1.53%), Vitamin C: 57.18mg (69.31%), Vitamin K: 25.9µg (24.67%), Manganese: 0.16mg (7.8%),

Fiber: 1.65g (6.59%), Folate: 19.03 $\mu$ g (4.76%), Potassium: 164.26mg (4.69%), Vitamin B6: 0.09mg (4.54%), Vitamin A: 180.92IU (3.62%), Vitamin E: 0.54mg (3.58%), Copper: 0.07mg (3.43%), Vitamin B3: 0.55mg (2.75%), Magnesium: 10.8mg (2.7%), Iron: 0.48mg (2.66%), Phosphorus: 18.09mg (1.81%), Vitamin B1: 0.03mg (1.7%), Vitamin B5: 0.17mg (1.68%), Calcium: 15.84mg (1.58%), Vitamin B2: 0.03mg (1.49%)