



Eggplant Roll-Ups

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups arugula leaves chopped
- 1 cup basil leaves chopped
- 1 large eggplant firm
- 6 servings grill seasoning blend (recommended: McCormick Montreal Seasoning)
- 0.5 cup parmigiano freshly grated
- 9 servings grinds pepper black
- 1 cup ricotta cheese
- 6 servings salt and pepper

- 1 cup semi-soft garlic and herb cheese (recommended: Alouette or Boursin)
- 6 small to 8 sun-dried tomatoes soft chopped (tender sun-dried tomatoes are available in small pouches in produce department)

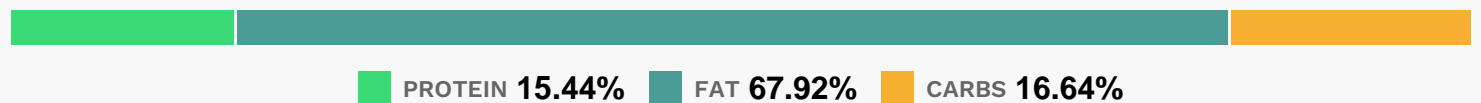
Equipment

- grill
- grill pan

Directions

- Heat a grill pan over high heat. Thinly slice the eggplant, a minimum of 18 slices. Season with salt, pepper and grill seasoning blend. Grill the thin slices to tenderize the eggplant, 2 to 3 minutes on each side or until cooked through.
- Combine the cheeses, black pepper and sun-dried tomatoes. Top each slice of cooked eggplant with a dab of cheese and some arugula and basil then roll up. The eggplant roll ups should have a few greens sticking out of both ends.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:9.3095652772033%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 265.46kcal (13.27%), Fat: 20.93g (32.2%), Saturated Fat: 12.23g (76.42%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 8.37g (3.04%), Sugar: 3.82g (4.24%), Cholesterol: 67.69mg (22.56%), Sodium: 572.63mg (24.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.41%), Vitamin K: 34.46µg (32.82%), Calcium: 227.8mg (22.78%), Manganese: 0.35mg (17.75%), Phosphorus: 156mg (15.6%), Vitamin A: 671.08IU (13.42%), Fiber: 3.17g (12.68%), Selenium: 8.29µg (11.85%), Potassium: 345.5mg (9.87%), Vitamin B2: 0.16mg (9.45%), Folate: 35.28µg (8.82%), Magnesium: 31.43mg (7.86%), Iron: 1.19mg (6.62%), Copper: 0.13mg (6.53%), Zinc: 0.96mg

(6.42%), Vitamin B6: 0.12mg (5.9%), Vitamin C: 4.21mg (5.1%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.85mg (4.23%), Vitamin B12: 0.24µg (4.01%), Vitamin B1: 0.06mg (3.68%), Vitamin E: 0.54mg (3.59%)