



Eggplant Rolls with Ricotta, Walnuts and Mint

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



279 kcal

Ingredients

- 1 date finely chopped
- 1 clove garlic minced
- 1 large globe eggplant sliced lengthwise
- 1 juice of lemon juiced
- 4 servings kosher salt
- 2 teaspoons mint leaves fresh whole minced plus more leaves for garnish
- 4 servings olive oil extra-virgin
- 1 cup part-skim ricotta
- 2 tablespoons walnut halves and pieces raw

Equipment

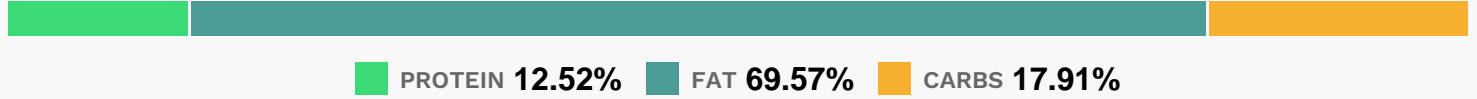
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- sieve
- grill pan

Directions

- Watch how to make this recipe.
- Place a cooling rack over a baking sheet.
- Lay the eggplant slices on the rack, generously salting each slice (about 1/4 teaspoon per slice).
- Place another baking sheet on top of the eggplant and weigh it down with a few cans.
- Let them sit 30 minutes. Flip the eggplant slices, sprinkle with more salt, weigh down again and let them sit for another 30 minutes. (This draws out the bitter juices.) Meanwhile, toast the walnuts.
- Preheat the oven to 350 degrees F.
- Spread the walnuts on a small baking sheet and pop into the oven until the walnuts give off their nutty aroma and deepen in color, about 5 minutes. When they are cool enough to touch, chop them finely.
- Make the ricotta filling: Push the ricotta through a sieve into a medium bowl. This gives the cheese a light, airy texture.
- Add the toasted walnuts, garlic, mint, date, half the lemon juice, a pinch of salt and a swirl of olive oil. Stir together, taste for seasoning and then set aside.
- Rinse the eggplant slices well and pat them dry. Warm a grill pan over moderately-high heat.
- Brush the eggplant slices with olive oil on one side; place the oiled-side down on the hot griddle and brush the other side. Cook until browned, about 2 minutes, then flip and cook another 2 minutes.

- To assemble the rolls, place a couple of tablespoons of filling at one of end of a slice of eggplant.
- Roll and place on a plate seam-side down. Top the eggplant rolls with the remaining lemon juice, a swirl of extra-virgin olive oil and the reserved mint leaves, torn over the dish.
- Serve hot or at warm temperature.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:9.6330434200556%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 279.45kcal (13.97%), Fat: 22.4g (34.46%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 8.99g (3.27%), Sugar: 5.51g (6.13%), Cholesterol: 19.22mg (6.41%), Sodium: 274.23mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Manganese: 0.46mg (23.23%), Calcium: 187.11mg (18.71%), Vitamin E: 2.46mg (16.4%), Phosphorus: 161.75mg (16.17%), Fiber: 3.99g (15.96%), Selenium: 11.06µg (15.81%), Vitamin K: 14.5µg (13.81%), Potassium: 391.25mg (11.18%), Copper: 0.2mg (10.21%), Vitamin B2: 0.17mg (10.08%), Folate: 39.83µg (9.96%), Magnesium: 34.94mg (8.73%), Zinc: 1.19mg (7.95%), Vitamin B6: 0.15mg (7.67%), Vitamin C: 5.75mg (6.97%), Vitamin A: 287.58IU (5.75%), Vitamin B1: 0.08mg (5.29%), Vitamin B5: 0.53mg (5.25%), Vitamin B3: 0.91mg (4.54%), Iron: 0.81mg (4.48%), Vitamin B12: 0.18µg (3%)