

Eggplant Rounds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



1049 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup cornmeal
- ☐ 1 eggplant sliced into 1/2 inch rounds
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 servings salt to taste
- ☐ 1 quart vegetable oil for frying

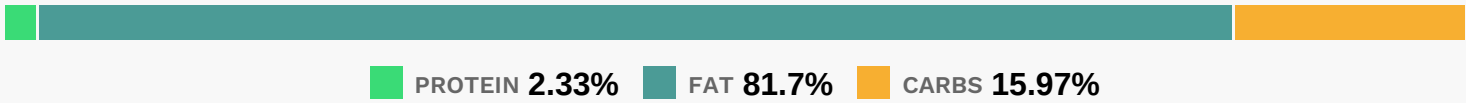
Equipment

- ☐ frying pan

Directions

- ☐
- In a shallow dish, combine corn meal, chili powder, oregano and salt. Dredge each eggplant slice in this mixture until coated on both the sides. Shake off excess.
- ☐
- Heat a small layer of oil in a large skillet. When the oil is hot arrange a layer of the the eggplant rounds in the oil and fry uncovered for 2 to 3 minutes. Flip the rounds over fry until golden brown. Continue adding oil and frying the rounds until they are all fried.
- ☐
- Serve either hot or cold.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:19.27, Inflammation Score:-9, Nutrition Score:18.700869705366%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1048.54kcal (52.43%), Fat: 97.47g (149.95%), Saturated Fat: 14.94g (93.38%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 31.98g (11.63%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 208.22mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin K: 184.21µg (175.44%), Vitamin E: 8.81mg (58.74%), Fiber: 10.89g (43.55%), Manganese: 0.81mg (40.38%), Vitamin B6: 0.44mg (22%), Potassium: 665.34mg (19.01%), Magnesium: 76.02mg (19%), Folate: 64.63µg (16.16%), Phosphorus: 146.27mg (14.63%), Copper: 0.29mg (14.42%), Vitamin B1: 0.21mg (14.02%), Vitamin B3: 2.54mg (12.69%), Zinc: 1.63mg (10.85%), Iron: 1.91mg (10.64%), Vitamin B5: 0.89mg (8.87%), Vitamin B2: 0.13mg (7.51%), Vitamin C: 5.05mg (6.12%), Selenium: 3.19µg (4.55%), Vitamin A: 205.17IU (4.1%), Calcium: 28.76mg (2.88%)