



Eggplant Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 asian eggplants
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup green onions minced including green tops
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons asian sesame oil toasted
- ☐ 2 tablespoons soya sauce

Equipment

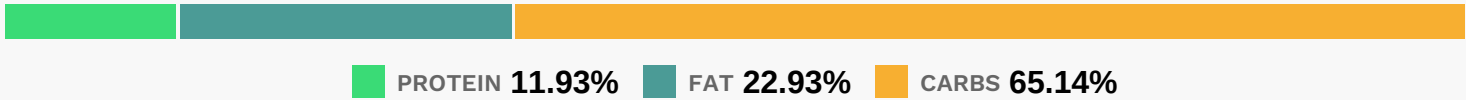
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Place eggplants in a 12- by 15-inch baking pan; pierce each several times with a sharp knife.
- ☐ Bake in a 400 regular or convection oven until very soft when pressed, 40 to 50 minutes.
- ☐ Let stand until cool enough to handle, about 15 minutes.
- ☐ Cut off and discard stems; slice eggplants in half lengthwise. With a fork or your fingers, remove flesh in long shreds. Discard peels.
- ☐ Meanwhile, in a bowl, mix sesame oil, soy sauce, rice vinegar, and garlic.
- ☐ Add eggplant and mix gently to coat. Cover and chill at least 30 minutes or up to 4 hours.
- ☐ Sprinkle eggplant salad with green onions just before serving.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:8.26, Inflammation Score:-9, Nutrition Score:29.821304238361%

Flavonoids

Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 302.7kcal (15.13%), Fat: 8.68g (13.35%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 27.73g (10.08%), Sugar: 32.66g (36.29%), Cholesterol: 0mg (0%), Sodium: 522.56mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.33%), Fiber: 27.76g (111.03%), Manganese: 2.22mg (110.89%), Potassium: 2142.15mg (61.2%), Folate: 207.2µg (51.8%), Vitamin K: 45.98µg (43.79%), Vitamin B6: 0.82mg (40.8%), Copper: 0.77mg (38.29%), Magnesium: 133.67mg (33.42%), Vitamin B3: 6.35mg (31.74%), Vitamin C: 21.95mg (26.61%), Vitamin B5: 2.62mg (26.24%), Vitamin B1: 0.37mg (24.67%), Phosphorus: 237.23mg (23.72%), Vitamin B2: 0.36mg (21.16%), Vitamin E: 2.88mg (19.21%), Iron: 2.45mg (13.61%), Zinc: 1.55mg (10.35%), Calcium: 92.84mg (9.28%), Vitamin A: 273.17IU (5.46%), Selenium: 3.18µg (4.54%)