



Eggplant Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 8 servings basil
- ☐ 6 medium eggplants
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 8 servings oregano dried
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Pierce eggplants several times with a fork, and place on a baking sheet.
- ☐ Bake in the preheated oven for 1 1/2 hours, or until completely softened. Cool completely.
- ☐ Remove skin and chop fine.
- ☐ Transfer to a large mixing bowl, and set aside.
- ☐ In a skillet, cook garlic in 1 tablespoon of oil over medium heat until lightly browned.
- ☐ Transfer to a small bowl. Stir in the remaining 2 tablespoons oil, the vinegar, sugar, oregano, and basil until well blended and sugar is dissolved.
- ☐ Pour over the eggplant, and toss to coat. Season to taste with salt and pepper, and toss again. Cover and refrigerate for at least one hour before serving.

Nutrition Facts



PROTEIN 8.49% FAT 31.43% CARBS 60.08%

Properties

Glycemic Index:31.89, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:12.867826016053%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 155.07kcal (7.75%), Fat: 5.94g (9.13%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 14.76g (5.37%), Sugar: 16.37g (18.18%), Cholesterol: 0mg (0%), Sodium: 203.09mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Manganese: 0.89mg (44.67%), Fiber: 10.78g (43.11%), Vitamin K: 29.71µg (28.3%), Potassium: 817.2mg (23.35%), Folate: 79.32µg (19.83%), Vitamin B6: 0.31mg (15.57%), Copper: 0.3mg (14.85%), Magnesium: 53.22mg (13.3%), Vitamin E: 1.99mg (13.24%), Vitamin B3: 2.3mg (11.5%), Vitamin C: 8.17mg (9.91%), Vitamin B5: 0.98mg (9.83%), Vitamin B1: 0.14mg (9.19%), Phosphorus: 87.7mg (8.77%), Vitamin B2: 0.14mg (7.96%), Iron: 1.32mg (7.36%), Calcium: 54.14mg (5.41%), Zinc: 0.61mg (4.06%), Vitamin A: 201.58IU (4.03%), Selenium: 1.21µg (1.72%)