



Eggplant Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 chipotle chile minced
- ☐ 2 medium eggplant stemmed cut into 1/2-in. dice
- ☐ 6 large garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 onion red coarsely chopped
- ☐ 0.5 onion white coarsely chopped

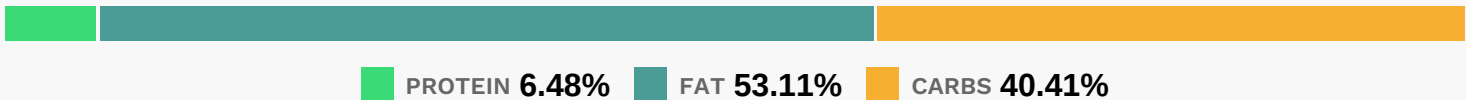
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium heat.
- ☐ Add eggplant, onions, and garlic. Cook, stirring occasionally, until eggplant starts to soften, about 10 minutes.
- ☐ Add remaining ingredients, cover, and cook, stirring occasionally, until mixture is dark and thick like chutney, about 30 minutes.
- ☐ Make ahead: Up to one day; let cool, then chill airtight.
- ☐ Wine pairing: Ceja 2008 Pinot Noir. The earthy berry fruit in the wine makes the sweetness of the fresh eggplant pop; a hint of saffrafrs doubles the effect.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:3.16999999648592%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 58.05kcal (2.9%), Fat: 3.68g (5.66%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 3.64g (1.32%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 196.53mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Manganese: 0.23mg (11.26%), Fiber: 2.67g (10.66%), Potassium: 195.38mg (5.58%), Vitamin E: 0.74mg (4.91%), Vitamin K: 4.98µg (4.74%), Vitamin B6: 0.09mg (4.7%), Folate: 18.59µg (4.65%), Copper: 0.07mg (3.56%), Vitamin C: 2.83mg (3.43%), Magnesium: 12.13mg (3.03%), Vitamin B3: 0.52mg (2.59%), Vitamin B1: 0.04mg (2.47%), Vitamin B5: 0.24mg (2.36%), Phosphorus: 23.41mg (2.34%), Vitamin B2: 0.03mg (1.91%), Iron: 0.25mg (1.39%), Calcium: 12.22mg (1.22%), Zinc: 0.16mg (1.04%)