



Eggplant Salsa and Homemade Pita Chips

 Vegetarian

READY IN



100 min.

SERVINGS



16

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 medium eggplants
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic fresh chopped
- ☐ 1 juice of lime juiced
- ☐ 0.3 cup olive oil
- ☐ 10 ounce pita bread rounds
- ☐ 1 large bell pepper red halved seeded

- ☐ 16 servings salt and pepper to taste
- ☐ 4 large tomatoes diced seeded

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen scissors

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Slice the tops off of the eggplants, and place on a baking sheet with the red pepper halves.
- ☐ Drizzle with olive oil to lightly coat.
- ☐ Bake for about 40 minutes in the preheated oven, until eggplant is tender.
- ☐ Remove from the oven, and place the eggplant and peppers into a large resealable bag. Seal, and let sit for 15 minutes to loosen the skin.
- ☐ Remove from the bag, peel off the skins, and dice the eggplants and pepper.
- ☐ Transfer to a large bowl.
- ☐ Place the tomatoes, and garlic in to the bowl with the roasted vegetables, and season with salt, pepper and cilantro.
- ☐ Mix until well blended. Set aside.
- ☐ Set the oven to 300 degrees F (150 degrees C).
- ☐ Peel apart the pita breads into two thin circles. You may cut off the edges to make it easier.
- ☐ Brush melted butter onto what used to be the inside, and stack together.
- ☐ Cut into strips, then cut across at a diagonal to make diamond shapes. If you have kitchen scissors, it will be easy.
- ☐ Place them on a baking sheet.
- ☐ Bake the pita chips for 5 to 10 minutes in the preheated oven, until lightly toasted. Stir occasionally if they overlap.

Nutrition Facts



 **PROTEIN 8.71%**  **FAT 40.45%**  **CARBS 50.84%**

Properties

Glycemic Index:19.31, Glycemic Load:10.8, Inflammation Score:-7, Nutrition Score:8.2469564925717%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 144.28kcal (7.21%), Fat: 6.8g (10.45%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 14.62g (5.32%), Sugar: 5.71g (6.34%), Cholesterol: 7.63mg (2.54%), Sodium: 316.79mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin C: 22.56mg (27.35%), Manganese: 0.42mg (20.96%), Fiber: 4.6g (18.42%), Vitamin A: 832.74IU (16.65%), Potassium: 418.1mg (11.95%), Vitamin K: 11.17µg (10.64%), Folate: 41.44µg (10.36%), Vitamin E: 1.33mg (8.87%), Vitamin B6: 0.17mg (8.6%), Vitamin B1: 0.12mg (7.7%), Copper: 0.15mg (7.64%), Vitamin B3: 1.5mg (7.51%), Magnesium: 27.21mg (6.8%), Phosphorus: 59.77mg (5.98%), Vitamin B5: 0.47mg (4.74%), Vitamin B2: 0.08mg (4.65%), Iron: 0.71mg (3.94%), Calcium: 32.58mg (3.26%), Zinc: 0.44mg (2.96%)