



Eggplant Spread With Yogurt and Parsley (Melintzanosalata)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



17 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 2 pounds eggplants
- ☐ 2 cups parsley leaves fresh divided
- ☐ 2 garlic cloves quartered
- ☐ 0.7 cup green onions coarsely chopped
- ☐ 3 tablespoons olive oil extra-virgin divided

- ☐ 1 bottled pepperoncini pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce carton yogurt plain low-fat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut eggplants in half lengthwise.
- ☐ Place on a jelly-roll pan, cut sides up; brush cut sides with 1 tablespoon oil. Broil 15 minutes or until tender and browned.
- ☐ Remove from oven; cool on pan 10 minutes. Peel eggplants; chop pulp.
- ☐ Place pulp in a bowl.
- ☐ Finely chop 1 cup parsley; set aside.
- ☐ Combine remaining parsley, 2 tablespoons oil, onions, vinegar, garlic, and pepperoncini pepper in a food processor. Process until smooth, scraping sides of bowl occasionally; add to eggplant. Stir in reserved chopped parsley, capers, salt, and black pepper. Cover and chill 2 hours.
- ☐ Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand for 5 minutes. Scrape yogurt from paper towel into eggplant mixture; stir gently.

Nutrition Facts



 PROTEIN **11.99%**  FAT **49.29%**  CARBS **38.72%**

Properties

Glycemic Index:3.92, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:3.3686956776225%

Flavonoids

Delphinidin: 16.2mg, Delphinidin: 16.2mg, Delphinidin: 16.2mg, Delphinidin: 16.2mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 17.24kcal (0.86%), Fat: 1.01g (1.55%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.08g (0.39%), Sugar: 1.06g (1.17%), Cholesterol: 0.28mg (0.09%), Sodium: 38.86mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin K: 45.21µg (43.06%), Vitamin C: 4.1mg (4.97%), Vitamin A: 231.85IU (4.64%), Manganese: 0.06mg (2.85%), Fiber: 0.71g (2.83%), Folate: 9.45µg (2.36%), Potassium: 73.33mg (2.1%), Calcium: 15.36mg (1.54%), Vitamin E: 0.21mg (1.43%), Phosphorus: 13.63mg (1.36%), Iron: 0.24mg (1.34%), Magnesium: 5.2mg (1.3%), Vitamin B2: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.15%)