



Eggplant Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 eggplant
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 cloves garlic crushed
- ☐ 1 bell pepper green
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 large bell pepper red
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons tomato paste
- ☐ 7 tomatoes

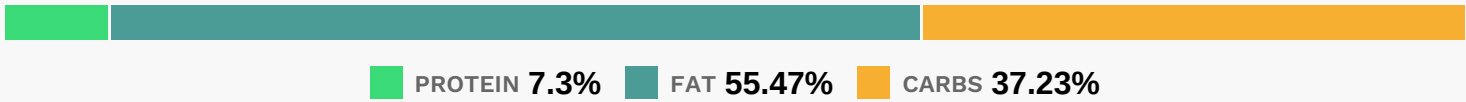
Equipment

- ☐ oven
- ☐ broiler
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ Roast peppers on stove burners, or under oven broiler until skin turns evenly black. Immediately place in a plastic bag and let cool.
- ☐ Prepare the tomatoes by cutting an X on the bottom of each and boil in water for 1 minute, plunge into a cold water bath and let cool.
- ☐ Cut the eggplant into small strips and saute in oil until eggplant begins to brown. About 6 to 8 minutes. Once the eggplant is soft, add garlic.
- ☐ Rinse the peppers under cold water and remove the burnt skin (just the ash). Open the peppers and remove seeds.
- ☐ Cut into small strips and add to eggplant. Peel cooled tomatoes, chop and add to eggplant mixture.
- ☐ Add tomato paste, salt, pepper and cayenne. Bring to boil, reduce heat and simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:14.780000095782%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 143.85kcal (7.19%), Fat: 9.61g (14.78%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 9.24g (3.36%), Sugar: 8.78g (9.76%), Cholesterol: 0mg (0%), Sodium: 246.92mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin C: 74.19mg (89.93%), Vitamin A: 2293.88IU (45.88%), Manganese: 0.47mg (23.51%), Vitamin K: 23.28µg (22.17%), Fiber: 5.27g (21.09%), Vitamin E: 3.09mg (20.58%), Potassium: 675.08mg (19.29%), Vitamin B6: 0.34mg (17.19%), Folate: 53.78µg (13.44%), Copper: 0.19mg (9.63%), Vitamin B3: 1.9mg (9.53%), Magnesium: 35.02mg (8.75%), Vitamin B1: 0.12mg (7.79%), Phosphorus: 72.07mg (7.21%), Iron: 1.02mg (5.68%), Vitamin B2: 0.1mg (5.68%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.52mg (3.49%), Calcium: 31.85mg (3.19%), Selenium: 0.85µg (1.21%)