



Eggplant Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 pounds eggplants
- ☐ 1 cup olive oil
- ☐ 0.5 cup red wine vinegar
- ☐ 8 servings salt and pepper to taste
- ☐ 1 head garlic whole peeled chopped

Equipment

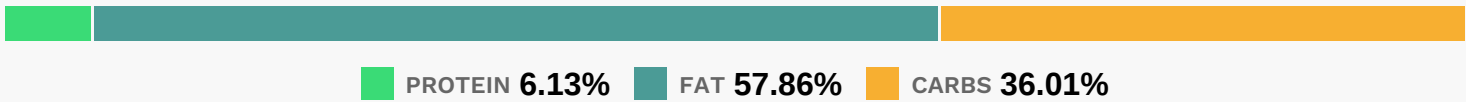
- ☐ bowl

- ☐ whisk
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Rinse eggplants, and remove the stems.
- ☐ Place in a large pot of lightly salted water. Bring to a boil, and cook for 10 minutes.
- ☐ Drain, and set aside to cool.
- ☐ In a medium bowl, stir together the garlic, salt, pepper, and cayenne.
- ☐ Cut a slit lengthwise down the center of each eggplant, and pack full of the garlic mixture.
- ☐ Place the eggplants in a glass jar, or glass baking dish.
- ☐ Whisk together the oil and vinegar, and pour over the egg plants to cover. Refrigerate for 2 days before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.31, Inflammation Score:-3, Nutrition Score:4.5299999558407%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 84.18kcal (4.21%), Fat: 5.62g (8.65%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 4.39g (1.6%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 197.96mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Manganese: 0.33mg (16.46%), Fiber: 3.48g (13.92%), Potassium: 279.89mg (8%), Vitamin E: 1.12mg (7.5%), Vitamin B6: 0.14mg (6.95%), Vitamin K: 7.29µg (6.94%), Folate: 25.07µg (6.27%), Copper: 0.1mg (5.2%), Vitamin C: 3.67mg (4.45%), Magnesium: 17.37mg (4.34%), Vitamin B3: 0.76mg (3.81%), Vitamin B1: 0.05mg (3.42%), Vitamin B5: 0.34mg (3.4%), Phosphorus: 33.8mg (3.38%), Vitamin

B2: 0.05mg (2.7%), Iron: 0.42mg (2.34%), Calcium: 17.63mg (1.76%), Zinc: 0.23mg (1.52%), Selenium: 0.84µg (1.2%)