



Eggplant with Buttermilk Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 9 tbsp buttermilk
- ☐ 2 large eggplant
- ☐ 1 small garlic clove crushed
- ☐ 0.5 cup greek yogurt
- ☐ 1.5 tsp lemon thyme whole
- ☐ 1.5 tbsp olive oil plus a drizzle to finish
- ☐ 1 pomegranate
- ☐ 1 pinch salt

- ☐ 4 servings salt and pepper black
- ☐ 1 tsp za'atar

Equipment

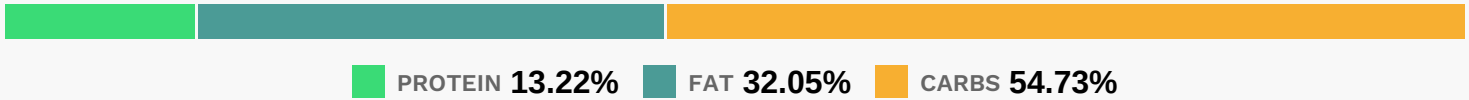
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 200°F.
- ☐ Cut the eggplants in half lengthways, cutting straight through the green stalk (the stalk is for the look; don't eat it). Use a small sharp knife to make three or four parallel incisions in the cut side of each eggplant half, without cutting through to the skin. Repeat at a 45-degree angle to get a diamond-shaped pattern.
- ☐ Place the eggplant halves, cut-side up, on a baking sheet lined with parchment paper.
- ☐ Brush them with olive oil—keep on brushing until all of the oil has been absorbed by the flesh.
- ☐ Sprinkle with the lemon thyme leaves and some salt and pepper. Roast for 35 to 40 minutes, at which point the flesh should be soft, flavorful and nicely browned.
- ☐ Remove from the oven and allow to cool down completely.
- ☐ While the eggplants are in the oven, cut the pomegranate in two horizontally. Hold one half over a bowl, with the cut side against your palm, and use the back of a wooden spoon or a rolling pin to gently knock on the pomegranate skin. Continue beating with increasing power until the seeds start coming out naturally and falling through your fingers into the bowl. Once all are there, sift through the seeds to remove any bits of white skin or membrane.
- ☐ To make the sauce.
- ☐ Whisk together all of the ingredients. Taste for seasoning, then keep cold until needed.

- ☐
- To serve, spoon plenty of buttermilk sauce over the eggplant halves without covering the stalks.
- ☐
- Sprinkle za'atar and plenty of pomegranate seeds on top and garnish with lemon thyme. Finish with a drizzle of olive oil.
- ☐
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Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:9.52, Inflammation Score:-6, Nutrition Score:13.582174104193%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 200.46kcal (10.02%), Fat: 7.72g (11.88%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 19.85g (7.22%), Sugar: 20.22g (22.46%), Cholesterol: 4.96mg (1.65%), Sodium: 255.01mg (11.09%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Fiber: 9.84g (39.36%), Manganese: 0.66mg (32.83%), Vitamin K: 27.14µg (25.85%), Potassium: 778.57mg (22.24%), Folate: 81.45µg (20.36%), Vitamin C: 13.07mg (15.84%), Copper: 0.32mg (15.79%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 145mg (14.5%), Vitamin B6: 0.29mg (14.26%), Vitamin E: 1.91mg (12.74%), Magnesium: 47.87mg (11.97%), Vitamin B5: 1.13mg (11.26%), Vitamin B1: 0.16mg (10.72%), Calcium: 101.7mg (10.17%), Vitamin B3: 1.8mg (8.99%), Selenium: 4.88µg (6.97%), Iron: 1.17mg (6.51%), Zinc: 0.9mg (6.03%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.44µg (2.92%), Vitamin A: 133.18IU (2.66%)