



Eggplant with Honey and Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 3 small eggplants cut in 1-inch slices on the bias
- ☐ 3 tablespoons honey
- ☐ 10 leaves mint leaves
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground

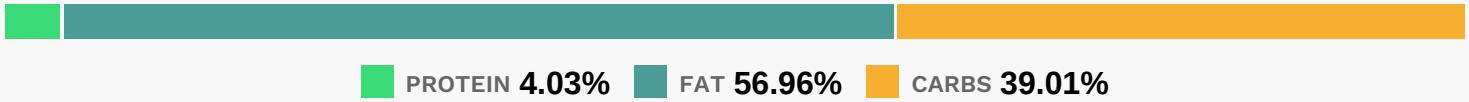
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat olive oil over medium heat until just smoking.
- ☐ Add the eggplant slices and cook for 3 minutes until golden brown. Turn each piece over and cook another 3 minutes until golden brown.
- ☐ Add honey and red wine vinegar and toss enough to coat all pieces of eggplant.
- ☐ Add mint and season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:6.5, Inflammation Score:-5, Nutrition Score:8.3908695967301%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 14.42g (22.18%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 15.29g (5.56%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 5.93mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.56mg (27.84%), Fiber: 6.92g (27.69%), Vitamin E: 2.7mg (18.03%), Vitamin K: 16.61µg (15.82%), Potassium: 534.74mg (15.28%), Folate: 50.7µg (12.68%), Vitamin B6: 0.2mg (9.76%), Copper: 0.19mg (9.58%), Magnesium: 32.81mg (8.2%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.65mg (6.52%), Vitamin C: 5.15mg (6.25%), Vitamin B1: 0.09mg (5.97%), Phosphorus: 56.2mg (5.62%), Vitamin B2: 0.09mg (5.24%), Iron: 0.7mg (3.87%), Zinc: 0.39mg (2.63%), Calcium: 22.48mg (2.25%), Vitamin A: 56.76IU (1.14%), Selenium: 0.78µg (1.11%)