



Eggplant with Tomatoes and Mint Bruschetta

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

Ingredients

- 2 slices loaves bread french
- 14.5 ounce canned tomatoes diced canned
- 2 teaspoons basil dried
- 2 tablespoons mint leaves dried
- 1 small eggplant diced peeled
- 0.5 teaspoon garlic powder
- 4 ounces goat cheese crumbled
- 1 small onion diced finely

Equipment

- baking sheet
- sauce pan
- oven
- broiler

Directions

- Mix tomatoes, eggplant, onion, mint, basil, and garlic powder in a saucepan; bring to a boil. Reduce heat to medium-low and simmer until liquid has evaporated, about 45 minutes, stirring occasionally.
- Remove from heat and cool to room temperature.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Arrange bread slices on a baking sheet.
- Toast bread slices in the preheated oven until crisp, about 3 minutes per side.
- Let cool slightly.
- Spoon tomato mixture onto each toasted bread slice; sprinkle with goat cheese.
- Broil in the preheated oven until goat cheese is lightly browned, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:5.42, Inflammation Score:-4, Nutrition Score:5.6408695993216%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 78.36kcal (3.92%), Fat: 2.44g (3.76%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 8.85g (3.22%), Sugar: 3.68g (4.09%), Cholesterol: 4.35mg (1.45%), Sodium: 146.32mg (6.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Manganese: 0.27mg (13.61%), Copper: 0.19mg (9.48%), Fiber: 2.28g (9.13%), Iron: 1.53mg (8.51%), Vitamin B1: 0.13mg (8.47%), Folate: 30.2µg (7.55%), Vitamin B2: 0.12mg (7.11%), Vitamin B6: 0.14mg (6.83%), Potassium: 222.23mg (6.35%), Vitamin B3: 1.25mg (6.27%), Vitamin K: 6.28µg (5.98%), Phosphorus: 58.92mg (5.89%), Vitamin C: 4.43mg (5.36%), Selenium: 3.7µg (5.28%), Magnesium: 20.59mg (5.15%), Calcium: 43mg (4.3%), Vitamin A: 209.61IU (4.19%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.38mg (2.56%)