



Eggplants a la Dawlish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon coriander seed
- ☐ 1 large eggplant cut lengthwise into 6 1/4-inch slices
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 servings salt to taste

Equipment

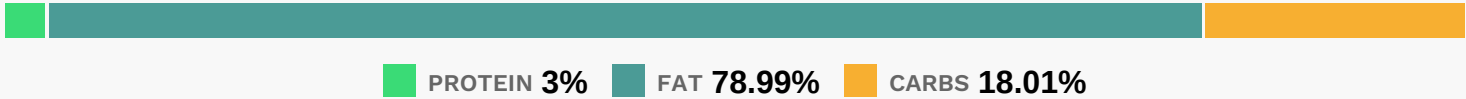
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Brush both sides of each eggplant slice generously with olive oil; arrange in a single layer in the bottom of a broiler pan. Scatter about half of the cracked coriander seed over the eggplant slices.
- ☐ Cook under the broiler until browned, 5 to 6 minutes. Flip and season with the remaining coriander seed; cook under the broiler until browned, 3 to 4 minutes.
- ☐ Whisk the lemon juice, basil, and salt together in a bowl; drizzle over the broiled eggplant slices.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:1.99, Inflammation Score:-5, Nutrition Score:9.7152174503907%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 298.75kcal (14.94%), Fat: 27.52g (42.34%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 7g (2.55%), Sugar: 8.21g (9.13%), Cholesterol: 0mg (0%), Sodium: 199.18mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin E: 4.59mg (30.6%), Fiber: 7.11g (28.44%), Manganese: 0.55mg (27.67%), Vitamin K: 28.42µg (27.07%), Potassium: 539.16mg (15.4%), Folate: 52.06µg

(13.02%), Vitamin B6: 0.2mg (9.81%), Copper: 0.2mg (9.76%), Vitamin C: 7.26mg (8.8%), Magnesium: 34.65mg (8.66%), Vitamin B3: 1.51mg (7.55%), Vitamin B5: 0.65mg (6.52%), Vitamin B1: 0.09mg (6.14%), Phosphorus: 57.97mg (5.8%), Vitamin B2: 0.09mg (5.16%), Iron: 0.8mg (4.43%), Zinc: 0.4mg (2.67%), Calcium: 26.61mg (2.66%), Vitamin A: 105.72IU (2.11%), Selenium: 0.83µg (1.18%)