



 **51%**
HEALTH SCORE

Egyptian Eggplant

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



278 kcal

SIDE DISH

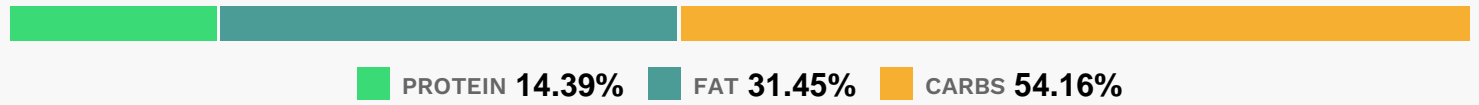
Ingredients

- 8 ounce garbanzo beans drained canned ()
- 1 medium eggplant cut into cubes
- 2 ounces jalapeno
- 4 jalapeno sliced ()
- 2 tablespoons juice of lemon fresh
- 0.5 cup chicken broth low sodium
- 1 tablespoon olive oil
- 1 bell pepper red cut into pieces

- 1 teaspoon sea salt
- 0.5 cup tomato sauce
- 1 ounce water

Equipment

Nutrition Facts



Properties

Glycemic Index:105.67, Glycemic Load:8.6, Inflammation Score:-10, Nutrition Score:29.036086956522%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 278.17kcal (13.91%), Fat: 10.58g (16.28%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 25.36g (9.22%), Sugar: 15.54g (17.27%), Cholesterol: 0mg (0%), Sodium: 1795.66mg (78.07%), Protein: 10.89g (21.79%), Vitamin C: 158.23mg (191.8%), Manganese: 1.65mg (82.53%), Fiber: 15.65g (62.6%), Vitamin B6: 1.21mg (60.54%), Vitamin A: 2806.19IU (56.12%), Vitamin E: 5.56mg (37.05%), Potassium: 1201.41mg (34.33%), Folate: 129.83µg (32.46%), Vitamin K: 27.28µg (25.98%), Copper: 0.5mg (25.06%), Magnesium: 89.12mg (22.28%), Vitamin B3: 4.37mg (21.83%), Phosphorus: 211.24mg (21.12%), Iron: 3.09mg (17.17%), Vitamin B5: 1.56mg (15.58%), Vitamin B2: 0.25mg (14.8%), Vitamin B1: 0.2mg (13.24%), Zinc: 1.58mg (10.55%), Calcium: 84.28mg (8.43%), Selenium: 3.63µg (5.18%)