



Feta, Garbanzo Bean, and Eggplant Pita Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 ounce garbanzo beans drained canned
- ☐ 1 pound eggplant unpeeled cut into 3/4-inch cubes
- ☐ 5 tablespoons feta cheese divided crumbled
- ☐ 4 tablespoons mint leaves fresh divided chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 1.5 cups onion chopped
- ☐ 3 wholewheat pita breads warmed toasted

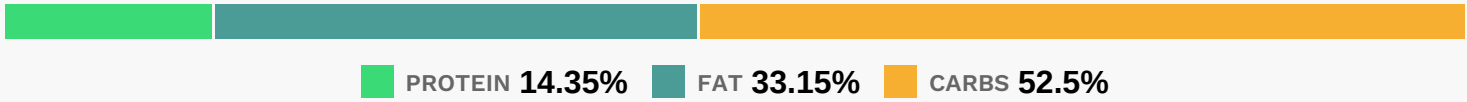
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add eggplant cubes and onions; sauté until soft and beginning to brown, about 9 minutes. Stir in garbanzo beans, cumin, and lemon juice. Sauté until heated through and flavors blend, adding enough garbanzo bean liquid by tablespoonfuls to moisten if mixture is dry, about 4 minutes. Stir in 3 tablespoons mint and 3 tablespoons feta cheese. Season generously with salt and pepper.
- ☐ Cut pita breads crosswise in half. Spoon eggplant mixture into pita breads.
- ☐ Sprinkle filling with remaining mint and feta and serve.

Nutrition Facts



Properties

Glycemic Index:37.72, Glycemic Load:18.86, Inflammation Score:-6, Nutrition Score:12.59956526238%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 261.78kcal (13.09%), Fat: 9.91g (15.25%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 28.15g (10.24%), Sugar: 4.45g (4.94%), Cholesterol: 12.61mg (4.2%), Sodium: 521.12mg (22.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.31%), Manganese: 1.04mg (51.88%), Fiber: 7.17g (28.66%), Vitamin B6: 0.54mg (26.86%), Phosphorus: 170.86mg (17.09%), Calcium: 153.16mg (15.32%), Folate: 58.19µg (14.55%), Iron: 2.5mg (13.91%), Copper: 0.26mg (13.02%), Magnesium: 50.81mg (12.7%), Vitamin B2: 0.21mg (12.29%), Potassium: 418.83mg (11.97%), Vitamin B1: 0.18mg (11.83%), Zinc: 1.42mg (9.49%), Vitamin C: 6.8mg (8.24%), Vitamin B5: 0.74mg (7.43%), Vitamin B3: 1.48mg (7.39%), Vitamin E: 0.97mg (6.46%), Selenium: 4.07µg (5.82%), Vitamin K: 5.92µg (5.64%), Vitamin A: 243.41IU (4.87%), Vitamin B12: 0.24µg (3.99%)