



Georgian Eggplant with Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 to 2 eggplants cut into 24 (1/4-inch-thick) slices
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 teaspoons ground cloves
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 8 servings vegetable oil
- ☐ 1 cup walnuts diced
- ☐ 3 tablespoons water

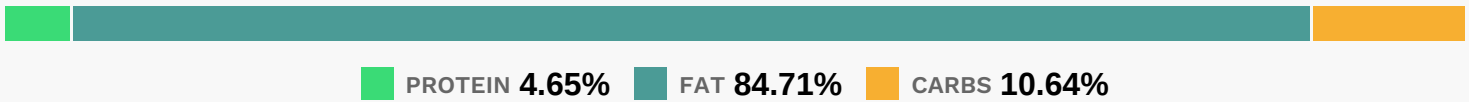
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Sprinkle eggplant slices evenly with 1 tablespoon salt; let stand 1 hour. Rinse and pat dry with paper towels.
- ☐ Saut onion and garlic in hot olive oil in a saucepan over medium heat 5 minutes or until tender.
- ☐ Stir in walnuts, curry, and ground cloves; cook, stirring constantly, 1 minute.
- ☐ Remove walnut mixture from heat; stir in cilantro and next 5 ingredients. Set aside.
- ☐ Pour vegetable oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Fry eggplant, in batches, 3 to 5 minutes or until golden; drain on paper towels.
- ☐ Top each eggplant slice with walnut mixture, and fold in half. Lightly coat each half with walnut mixture.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:11.404347829197%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 258.25kcal (12.91%), Fat: 25.51g (39.25%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 914.54mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin K: 96.11µg (91.53%), Manganese: 0.85mg (42.36%), Copper: 0.3mg (15.02%), Fiber: 3.22g (12.88%), Vitamin E: 1.82mg (12.12%), Vitamin C: 7.88mg (9.56%), Magnesium: 36.13mg (9.03%), Folate: 35.71µg (8.93%), Vitamin A: 436.7IU (8.73%), Vitamin B6: 0.16mg (8.04%), Phosphorus: 72.95mg (7.3%), Potassium: 250.01mg (7.14%), Vitamin B1: 0.08mg (5.59%), Iron: 1mg (5.54%), Zinc: 0.64mg (4.26%), Calcium: 33.68mg (3.37%), Vitamin B2: 0.05mg (3.19%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.29mg (2.87%), Selenium: 1.18µg (1.68%)