



 **65%**  
HEALTH SCORE

## Grilled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



17 min.

SERVINGS



5

CALORIES



142 kcal

SIDE DISH

## Ingredients

- 1 tablespoon capers
- 2 medium eggplants sliced lengthwise
- 3 tablespoons olive oil extra virgin
- 0.3 cup flat-leaf parsley fresh chopped
- 1 tablespoon juice of lemon fresh
- 5 servings bell pepper to taste
- 5 servings salt to taste

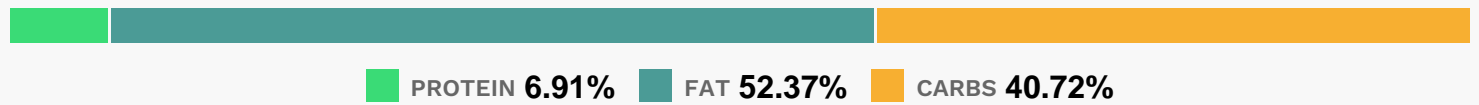
## Equipment

grill

## Directions

- Preheat grill to medium-high heat (350 to 400).
- Drizzle both sides of eggplant with olive oil, and season to taste with salt and pepper. Grill 6 minutes on each side or until tender.
- Sprinkle with remaining ingredients.
- Drizzle with additional olive oil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:18.8, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:18.036956525367%

## Flavonoids

Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 141.53kcal (7.08%), Fat: 9g (13.84%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 8.52g (3.1%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 246.62mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin C: 104.61mg (126.8%), Vitamin K: 64.71µg (61.63%), Vitamin A: 2629.84IU (52.6%), Fiber: 7.22g (28.88%), Manganese: 0.52mg (25.77%), Folate: 80.1µg (20.03%), Vitamin E: 2.98mg (19.85%), Vitamin B6: 0.38mg (18.76%), Potassium: 597.2mg (17.06%), Vitamin B3: 1.97mg (9.85%), Magnesium: 36.8mg (9.2%), Copper: 0.17mg (8.61%), Vitamin B2: 0.14mg (8.04%), Vitamin B1: 0.12mg (7.68%), Vitamin B5: 0.77mg (7.67%), Phosphorus: 65.48mg (6.55%), Iron: 1.01mg (5.59%), Zinc: 0.52mg (3.46%), Calcium: 26.87mg (2.69%)