



## Grilled Eggplant and Yogurt Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 pound eggplants italian
- ☐ 0.3 cup mint leaves fresh chopped (or parsley)
- ☐ 3 garlic cloves divided minced
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 1 medium onion fresh divided minced
- ☐ 0.3 teaspoon salt

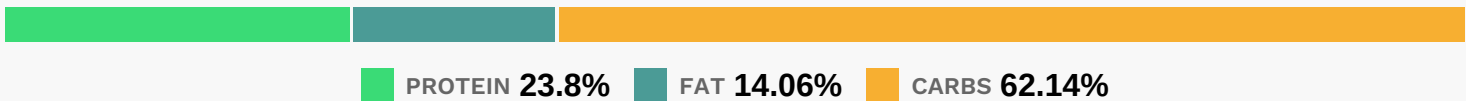
# Equipment

- ☐ grill
- ☐ broiler

# Directions

- ☐ Start a charcoal or wood fire, or preheat a gas grill (or the broiler); the rack should be no more than 4 inches from the heat source.
- ☐ Cut the eggplants in half lengthwise up to the stem, but do not cut through, so the eggplants open like a book.
- ☐ Spread about 2/3 of the onion and garlic between the eggplant halves, and press the two sides back together.
- ☐ Grill the eggplants, turning once or twice, until they are blackened and collapsed, 10–15 minutes. Don't worry if the skins burn a bit.
- ☐ Meanwhile, mix the remaining onion and garlic with the yogurt; then season with salt, black pepper, and cayenne.
- ☐ When cooked, let the eggplants cool a bit, then peel off the skins and let cool further. Roughly chop the eggplants, reserving any juices, then mix with the yogurt dressing. Chill if time allows, or just serve at room temperature; garnish with mint or parsley.

# Nutrition Facts



# Properties

Glycemic Index:12.58, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:2.9921739516051%

# Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 34.35kcal (1.72%), Fat: 0.57g (0.88%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.89g (4.32%), Cholesterol: 1.84mg (0.61%), Sodium: 71.44mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Calcium: 65.44mg (6.54%), Manganese: 0.13mg (6.51%), Phosphorus: 57.79mg (5.78%), Fiber: 1.4g (5.59%), Potassium: 180.93mg (5.17%), Vitamin B2: 0.09mg (5.03%), Folate: 14.55µg (3.64%), Vitamin B6: 0.07mg (3.44%), Magnesium: 12.46mg (3.11%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.17µg (2.86%), Vitamin C: 2.3mg (2.79%), Zinc: 0.37mg (2.46%), Vitamin B1: 0.03mg (2.32%), Copper: 0.04mg (2.21%), Selenium: 1.28µg (1.83%), Vitamin B3: 0.31mg (1.57%), Vitamin A: 73.29IU (1.47%), Vitamin K: 1.52µg (1.45%), Iron: 0.2mg (1.1%)