



Grilled Eggplant Bites

READY IN



80 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

Ingredients

- 1 tablespoon kosher salt (coarse)
- 20 oz eggplant cut lengthwise into 1/4-inch slices
- 1 cup ricotta cheese
- 0.3 cup parmesan grated
- 2 tablespoons parsley fresh italian coarsely chopped (flat-leaf)
- 2 teaspoons breadcrumbs plain
- 2 tablespoons olive oil extra virgin extra-virgin

Equipment

- bowl
- frying pan
- baking paper
- oven
- pot
- sieve
- grill
- stove
- colander
- grill pan

Directions

- Place colander or strainer over bowl. Lightly sprinkle salt on each eggplant slice; place slices in colander. Set small plate on top of slices.
- Place small pot of water on top of plate to weigh down eggplant slices and extract excess moisture and bitterness.
- Let stand about 30 minutes.
- Remove eggplant slices from colander. Pat dry with clean cloth towels to remove any excess salt and moisture.
- Spray 10x10-inch grill pan with cooking spray.
- Heat pan on stove over medium-high heat.
- Place eggplant slices in grill pan; cook 2 to 3 minutes on each side or until eggplant slices are tender and have grill marks.
- Place slices in silicone-lined pan.
- Heat oven to 350°F. Line 17x12-inch half-sheet pan with silicone baking mat or parchment paper.
- In medium bowl, mix ricotta cheese, Parmigiano-Reggiano cheese, parsley, bread crumbs and 1 tablespoon of the olive oil until combined.
- At one end of each eggplant slice, place 2 to 3 teaspoons cheese filling. Gently roll up each eggplant slice to enclose filling.

- Drizzle bites with remaining olive oil.
- Bake about 10 minutes or until filling is warm.

Nutrition Facts

PROTEIN 17.91%

FAT 63.4%

CARBS 18.69%

Properties

Glycemic Index:29, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:10.883478361627%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 16.99g (26.13%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 6.9g (2.51%), Sugar: 5.3g (5.89%), Cholesterol: 35.87mg (11.96%), Sodium: 1907.73mg (82.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin K: 42.83µg (40.79%), Calcium: 220.84mg (22.08%), Phosphorus: 178.16mg (17.82%), Manganese: 0.35mg (17.54%), Fiber: 4.36g (17.45%), Selenium: 11.08µg (15.83%), Vitamin B2: 0.2mg (11.77%), Potassium: 408.92mg (11.68%), Folate: 43.17µg (10.79%), Vitamin A: 525.79IU (10.52%), Vitamin E: 1.53mg (10.21%), Zinc: 1.16mg (7.72%), Magnesium: 30.89mg (7.72%), Vitamin B6: 0.15mg (7.72%), Vitamin C: 5.78mg (7%), Copper: 0.14mg (6.84%), Vitamin B5: 0.57mg (5.72%), Vitamin B3: 1.09mg (5.47%), Vitamin B1: 0.08mg (5.14%), Vitamin B12: 0.29µg (4.82%), Iron: 0.84mg (4.66%), Vitamin D: 0.16µg (1.03%)