



Grilled Eggplant Naan Wraps with Tahini-Yogurt Dressing

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups baby spinach
- ☐ 1 lb eggplant sliced into 1/2-in. rounds
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 pieces naan bread
- ☐ 2 tablespoons olive oil

- ☐ 1 cup greek yogurt plain low-fat
- ☐ 0.3 cup tahini (sesame paste)
- ☐ 2 tomatoes ripe quartered

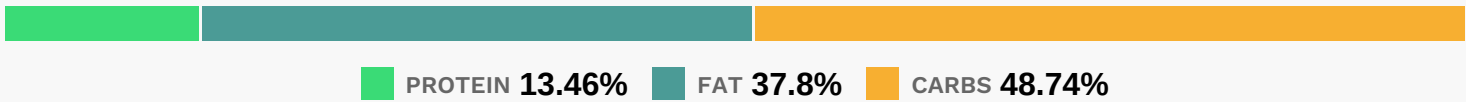
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a small bowl, mix garlic, lemon juice, tahini, yogurt, and salt. Set aside.
- ☐ Brush eggplant and tomatoes with oil. Grill, turning often, until softened and grill marks appear, about 6 minutes.
- ☐ Cut tomato wedges in half. Warm naan on grill.
- ☐ Lay each naan on a plate and top with 1 1/2 cups spinach, a few slices eggplant, 4 tomato pieces, and a large spoonful of reserved yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:23.919999868973%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 623.32kcal (31.17%), Fat: 26.42g (40.64%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 68.75g (25%), Sugar: 12.34g (13.71%), Cholesterol: 13.2mg (4.4%), Sodium: 1498.19mg (65.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.32%), Vitamin K: 230.43µg (219.45%), Vitamin A: 4801.7IU (96.03%), Manganese: 0.77mg (38.66%), Vitamin C: 29.17mg (35.36%), Folate: 138.48µg (34.62%), Fiber: 7.89g (31.58%), Calcium: 231.63mg (23.16%), Vitamin B1: 0.35mg (23.15%), Copper: 0.44mg (21.82%), Potassium: 745.18mg (21.29%), Phosphorus: 186.49mg (18.65%), Magnesium: 73.63mg (18.41%), Vitamin E: 2.61mg (17.42%), Vitamin B6: 0.28mg (14.23%), Iron: 2.4mg (13.31%), Vitamin B3: 2.3mg (11.49%), Vitamin B2: 0.16mg (9.45%), Selenium: 6.25µg (8.92%), Zinc: 1.25mg (8.32%), Vitamin B5: 0.43mg (4.29%)