



Grilled Eggplant Parmesan Salad

READY IN



50 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 10 ounces cherry tomatoes
- 1 pound eggplant trimmed cut into 1-inch cubes (1 medium)
- 15 medium basil fresh
- 8 ounces mozzarella fresh cut into 1/2-inch cubes
- 1 medium garlic clove peeled
- 8 ounces bread french italian ()
- 6 servings kosher salt
- 6 tablespoons olive oil

- 1.5 teaspoons oregano fresh coarsely chopped
- 1.5 ounces parmesan shaved with a vegetable peeler and crumbled (1/2 cup)
- 0.3 cup red wine vinegar
- 1 tablespoon shallots minced
- 13 frangelico for at least 30 minutes to avoid burning on the grill) (10-inch)
- 13 frangelico for at least 30 minutes to avoid burning on the grill (10-inch) (soak the wooden skewers in warm water)

Equipment

- bowl
- baking sheet
- whisk
- grill
- skewers
- grill pan

Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread and season with salt and pepper. Flip the slices over and brush with 1 more tablespoon of the oil; season with salt and pepper.When the grill is ready, place the bread on the grill and set the baking sheet aside. Cook, flipping once, until grill marks appear on both sides and the bread is crisp, about 2 to 3 minutes per side.Return the grilled bread to the baking sheet and lightly rub one side of each piece with the garlic clove (you will not need to use the entire clove). Tear the bread into 1-inch pieces and place in a large bowl; set the bowl and baking sheet aside.Thread the tomatoes and eggplant onto the skewers and place on the reserved baking sheet.
- Brush all of the skewers with the remaining 4 tablespoons of oil and season generously with salt and pepper.
- Place the tomato and eggplant skewers on the grill and cook, turning occasionally, until the tomatoes are softened and warmed through, about 4 minutes.

- Transfer the tomato skewers to the baking sheet. Continue to grill the eggplant until softened and all sides are slightly charred, about 4 minutes more.
- Transfer the eggplant skewers to the baking sheet.
- Remove the tomatoes and eggplant from the skewers and place in the bowl with the bread. Immediately add the mozzarella and basil and toss to combine.
- Whisk the dressing again and pour over the salad.
- Add the Parmesan and toss to combine.
- Serve at room temperature.

Nutrition Facts



■ **PROTEIN 16.12%**
■ **FAT 56.37%**
■ **CARBS 27.51%**

Properties

Glycemic Index:55.25, Glycemic Load:16.2, Inflammation Score:-8, Nutrition Score:15.389999939048%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 400.8kcal (20.04%), Fat: 25.42g (39.1%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 24.17g (8.79%), Sugar: 6.2g (6.89%), Cholesterol: 34.68mg (11.56%), Sodium: 780.14mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Calcium: 319.04mg (31.9%), Selenium: 19.42µg (27.74%), Phosphorus: 258.08mg (25.81%), Manganese: 0.5mg (25.17%), Vitamin B1: 0.33mg (22.15%), Vitamin K: 21.1µg (20.09%), Vitamin B2: 0.33mg (19.69%), Folate: 74.87µg (18.72%), Vitamin E: 2.78mg (18.5%), Vitamin B12: 0.95µg (15.78%), Vitamin C: 12.97mg (15.72%), Fiber: 3.75g (14.99%), Iron: 2.58mg (14.31%), Vitamin B3: 2.66mg (13.31%), Zinc: 1.92mg (12.78%), Vitamin A: 621.23IU (12.42%), Potassium: 377.81mg (10.79%), Magnesium: 40.65mg (10.16%), Vitamin B6: 0.18mg (9.04%), Copper: 0.17mg (8.65%), Vitamin B5: 0.5mg (5.01%), Vitamin D: 0.19µg (1.24%)