



Grilled Eggplant Pita Sandwiches with Yogurt-Garlic Spread

 Vegetarian

READY IN



48 min.

SERVINGS



4

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.1 teaspoon pepper black
- ☐ 2 pound eggplant
- ☐ 2 small garlic clove minced
- ☐ 3.5 teaspoons kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup yogurt plain greek-style reduced-fat

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 1 small onion red cut into 1/2-inch-thick slices

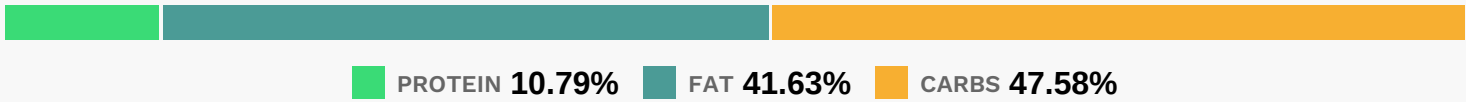
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ colander

Directions

- ☐ Place eggplant slices in a colander; sprinkle with 1 tablespoon salt. Toss well.
- ☐ Drain 30 minutes. Rinse thoroughly; pat dry with paper towels.
- ☐ Combine remaining 1/2 teaspoon salt, yogurt, and next 4 ingredients (through garlic) in a small bowl.
- ☐ Preheat grill to medium-high heat.
- ☐ Brush eggplant and onion slices with oil.
- ☐ Place eggplant and onion slices on grill rack coated with cooking spray; grill 5 minutes on each side or until vegetables are tender and lightly browned.
- ☐ Fill each pita half with 1 1/2 tablespoons yogurt mixture, one quarter of eggplant slices, one quarter of onion slices, and 1/4 cup arugula.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:12.253478195356%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 160.81kcal (8.04%), Fat: 8.06g (12.4%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 12.78g (4.65%), Sugar: 11.78g (13.09%), Cholesterol: 1.84mg (0.61%), Sodium: 2070.66mg (90.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.69mg (34.44%), Fiber: 7.95g (31.79%), Vitamin K: 29.57µg (28.16%), Potassium: 696.94mg (19.91%), Folate: 72.35µg (18.09%), Vitamin C: 12.16mg (14.74%), Vitamin B6: 0.28mg (13.94%), Vitamin E: 1.94mg (12.95%), Magnesium: 48.35mg (12.09%), Calcium: 120.38mg (12.04%), Phosphorus: 117.15mg (11.71%), Copper: 0.22mg (11.11%), Vitamin B2: 0.17mg (10.27%), Vitamin B5: 0.93mg (9.29%), Vitamin B1: 0.13mg (8.55%), Vitamin B3: 1.66mg (8.28%), Iron: 1.23mg (6.81%), Vitamin A: 323.57IU (6.47%), Zinc: 0.79mg (5.28%), Selenium: 2.13µg (3.05%), Vitamin B12: 0.17µg (2.86%)