



Grilled Eggplant Provolone

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons balsamic vinegar
- 30 servings pepper black freshly ground
- 4 small eggplant cut in half lengthwise
- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil
- 0.3 teaspoon oregano dried
- 0.5 pound provolone cheese deli-style
- 30 servings salsa

Equipment

- whisk
- grill
- broiler

Directions

- Whisk together the vinegar, oil, and oregano and brush on the cut sides of the eggplants.
- Sprinkle with salt and pepper. Preheat a gas grill to high; adjust the heat to medium after 15 minutes. (If cooking over charcoal, allow the coals to burn until they are covered with gray ash.) Grill the eggplants cut-side down until browned, about 5 minutes. Flip the eggplants and top each half with a slice of provolone. Grill 3 minutes more or until the cheese is bubbly. Top with some Grilled Salsa.
- Rainy-Day Method: Prepare the eggplants as described above.
- Heat the broiler and cook the eggplants about 6 inches from the heat, cut-side down, for 5 minutes. Turn and broil cut-side up for about 3 minutes.
- Add the provolone and broil about 3 minutes more.

Nutrition Facts

PROTEIN 17.5% **FAT 46.91%** **CARBS 35.59%**

Properties

Glycemic Index:4.8, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:4.1369565258855%

Flavonoids

Delphinidin: 52.33mg, Delphinidin: 52.33mg, Delphinidin: 52.33mg, Delphinidin: 52.33mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 64.46kcal (3.22%), Fat: 3.59g (5.52%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.54g (3.93%), Cholesterol: 5.22mg (1.74%), Sodium: 305.1mg (13.27%), Alcohol: 0g (100%), Protein: 3.01g (6.02%), Fiber: 2.44g (9.76%), Manganese: 0.19mg (9.67%), Calcium: 72.57mg (7.26%), Potassium: 235.29mg (6.72%), Phosphorus: 62.73mg (6.27%), Vitamin B6: 0.11mg (5.68%), Vitamin E: 0.8mg (5.31%), Vitamin A: 235IU (4.7%), Vitamin K: 4.76µg (4.53%), Magnesium: 15.78mg (3.94%), Folate: 15.53µg

(3.88%), Vitamin B3: 0.77mg (3.84%), Copper: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.37%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.44%), Vitamin C: 1.95mg (2.37%), Selenium: 1.57µg (2.25%), Iron: 0.34mg (1.91%), Vitamin B12: 0.11µg (1.84%)