



Grilled Eggplant Roulade with Balsamic Glaze

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chiffonade arugula
- 1.5 cups balsamic vinegar
- 1 tablespoon sea salt
- 2 eggplants cut lengthwise into 1/4-inch slices
- 8 ounces goat cheese
- 2 tablespoons heavy cream
- 3 tablespoons olive oil
- 2 tablespoons freshly parsley leaves chopped

- 1 tablespoon cracked pepper black
- 0.5 cup pinenuts
- 0.3 cup roasted peppers red thin
- 4 servings salt and pepper black freshly ground

Equipment

- bowl
- frying pan
- sauce pan
- wooden spoon
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill to medium-high heat.
- Add the balsamic to a small saucepan over medium heat and bring to a simmer. Reduce until thickened and syrupy. Set aside.
- Toast the pine nuts in a dry saute pan over medium heat for 4 to 5 minutes. Set aside.
- Drizzle the eggplant slices with olive oil and season with salt and pepper, to taste. Arrange them on the hot grill. Cook until nicely charred, about 1 to 2 minutes on each side.
- Remove them to a sheet tray lined with parchment.
- Combine toasted pine nuts, goat cheese, heavy cream, salt, pepper and parsley in a medium bowl.
- Mix well with a wooden spoon, until everything is incorporated evenly. Put 2 to 3 tablespoons of the cheese mixture on the edge of each eggplant slice.
- Roll the eggplant slices around the cheese.
- Put the finished roulades back on the grill that has been turned to low. Grill until the cheese begins to melt and the eggplant is warmed through, being careful not to burn the eggplant, about 3 to 4 minutes.
- Remove the roulades from the grill to a serving platter.

- Top each eggplant roulade with a roasted red pepper strip.
- Garnish with chiffonade of arugula, a drizzle of olive oil and the balsamic reduction.

Nutrition Facts

PROTEIN 12.08%

FAT 62.62%

CARBS 25.3%

Properties

Glycemic Index:52, Glycemic Load:10.37, Inflammation Score:-8, Nutrition Score:23.502173776212%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 530.54kcal (26.53%), Fat: 37.24g (57.29%), Saturated Fat: 12.38g (77.35%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 25.7g (9.34%), Sugar: 23.84g (26.49%), Cholesterol: 34.56mg (11.52%), Sodium: 2104.49mg (91.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.33%), Manganese: 2.44mg (122.02%), Vitamin K: 65.56µg (62.44%), Copper: 0.89mg (44.49%), Phosphorus: 327.7mg (32.77%), Fiber: 8.15g (32.6%), Vitamin E: 4mg (26.65%), Magnesium: 102.58mg (25.65%), Potassium: 818.15mg (23.38%), Vitamin A: 1094.9IU (21.9%), Vitamin B2: 0.36mg (21.43%), Iron: 3.73mg (20.72%), Vitamin B6: 0.38mg (18.91%), Folate: 72.78µg (18.2%), Calcium: 156.08mg (15.61%), Vitamin C: 12.7mg (15.39%), Zinc: 2.16mg (14.37%), Vitamin B1: 0.2mg (13.32%), Vitamin B3: 2.58mg (12.92%), Vitamin B5: 1.16mg (11.57%), Selenium: 2.74µg (3.92%), Vitamin D: 0.35µg (2.31%), Vitamin B12: 0.12µg (2%)