



Grilled-Eggplant Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon white wine dry
- ☐ 3 small eggplants cut lengthwise into 8 long wedges
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons honey
- ☐ 3 plum tomatoes
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 3 small heads the of 1 cos lettuce
- ☐ 1 tablespoon sesame oil

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0.3 cup soya sauce

Equipment

☐

whisk

☐

grill

Directions

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Using a whisk, combine the soy sauce, honey, sesame oil, sherry, ginger, and crushed red pepper.

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Light a charcoal grill and allow the coals to burn until covered with gray ash or heat a gas grill to medium.

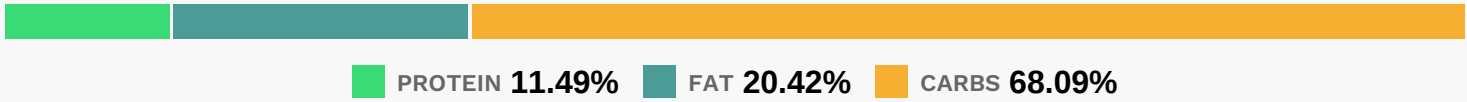
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Brush the cut sides of the eggplant wedges with the marinade and place on grill. Grill 5 minutes.

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Brush the romaine and tomatoes and place on grill. Baste the eggplant and turn and cook until all the vegetables are fork-tender, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:20.66, Glycemic Load:4.06, Inflammation Score:-5, Nutrition Score:6.9760869456374%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 85.38kcal (4.27%), Fat: 2.13g (3.28%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 10.43g (3.79%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 411.05mg (17.87%), Alcohol: 0.19g (100%), Alcohol %: 0.12% (100%), Protein: 2.7g (5.39%), Manganese: 0.47mg (23.56%), Fiber: 5.55g (22.19%), Potassium: 473.62mg (13.53%), Folate: 43.33µg (10.83%), Vitamin B6: 0.18mg (9.13%), Vitamin C: 7.05mg (8.54%),

Copper: 0.17mg (8.37%), Vitamin K: 8.54µg (8.14%), Vitamin B3: 1.56mg (7.81%), Magnesium: 30.32mg (7.58%), Phosphorus: 57.37mg (5.74%), Vitamin A: 284.37IU (5.69%), Vitamin B5: 0.54mg (5.38%), Vitamin B1: 0.08mg (5.37%), Vitamin B2: 0.08mg (4.85%), Vitamin E: 0.69mg (4.61%), Iron: 0.68mg (3.76%), Zinc: 0.37mg (2.44%), Calcium: 20.19mg (2.02%)