



Grilled-Eggplant Salad with Cilantro-Chile Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup torn basil leaves
- ☐ 1 tablespoon brown sugar
- ☐ 12 cherry tomatoes quartered
- ☐ 2 pounds eggplant ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup torn mint leaves
- ☐ 3 inch onion red
- ☐ 0.3 teaspoon salt divided
- ☐ 1 tablespoon serrano chile red hot minced seeded
- ☐ 1 tablespoon thai fish sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ To prepare dressing, combine first 6 ingredients in a bowl; stir well with a whisk.
- ☐ Prepare grill or broiler.
- ☐ To prepare salad, combine tomatoes and dressing, and set aside.
- ☐ Sprinkle eggplant with 1/8 teaspoon salt.
- ☐ Place eggplant on a grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until eggplant is done.
- ☐ Remove eggplant from grill rack or pan; set aside.
- ☐ Sprinkle onion with 1/8 teaspoon salt.
- ☐ Place onion on grill rack or broiler pan coated with cooking spray; cook for 5 minutes on each side or until onion is tender.
- ☐ Arrange eggplant and onion slices on 6 plates. Top with tomato mixture; sprinkle with mint and basil.

Nutrition Facts



 **PROTEIN 12.99%**  **FAT 4.71%**  **CARBS 82.3%**

Properties

Glycemic Index:31.5, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:7.6378260688937%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 59.45kcal (2.97%), Fat: 0.36g (0.55%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 8.98g (3.27%), Sugar: 8.57g (9.52%), Cholesterol: 0mg (0%), Sodium: 341.07mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.45mg (22.69%), Fiber: 5.12g (20.47%), Vitamin C: 16.44mg (19.93%), Potassium: 471.17mg (13.46%), Folate: 43.98µg (11%), Vitamin K: 11.18µg (10.65%), Vitamin B6: 0.2mg (10.05%), Copper: 0.17mg (8.51%), Magnesium: 33.56mg (8.39%), Vitamin A: 371.04IU (7.42%), Vitamin B3: 1.34mg (6.68%), Vitamin B1: 0.08mg (5.33%), Phosphorus: 52.39mg (5.24%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.7mg (4.64%), Vitamin B2: 0.08mg (4.47%), Iron: 0.8mg (4.43%), Calcium: 30.56mg (3.06%), Zinc: 0.35mg (2.36%), Selenium: 1.09µg (1.56%)