



Grilled Eggplant Teriyaki

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- 1 teaspoon sesame oil dark
- 2 medium eggplants
- 1 teaspoon ginger fresh grated
- 3 cloves garlic minced
- 6 servings kosher salt
- 3 tablespoons brown sugar light
- 2 tablespoons olive oil
- 6 servings sesame seed for garnish

- 0.3 cup soya sauce
- 2 tablespoons citrus champagne vinegar

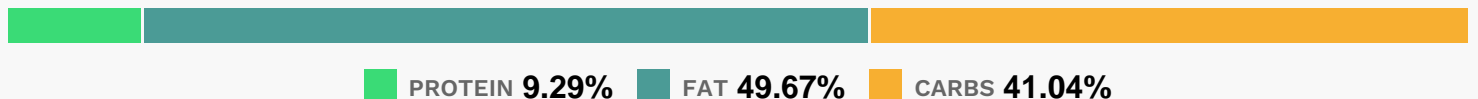
Equipment

- bowl
- whisk
- grill
- colander

Directions

- Preheat an outdoor grill to medium heat.
- Slice eggplant into 1/2-inch-thick slices.
- Sprinkle with salt and let stand in a colander set over a bowl or the sink for 20 minutes. Rinse briefly and pat dry.
- Pour marinade over eggplant and let stand for at least 10 minutes or up to overnight in the refrigerator.
- Remove from marinade, reserving leftover marinade.
- Place eggplant on grill, cook until eggplant is cooked through and lightly browned on all sides, about 10 to 15 minutes.
- Remove from grill.
- Serve with reserved marinade and sprinkle with sesame seeds.
- Whisk together all ingredients in a small bowl.
- Let stand for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:9.4334782828455%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 163.21kcal (8.16%), Fat: 9.6g (14.77%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 12.21g (4.44%), Sugar: 11.42g (12.69%), Cholesterol: 0mg (0%), Sodium: 740.17mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Manganese: 0.63mg (31.59%), Copper: 0.47mg (23.6%), Fiber: 5.64g (22.56%), Magnesium: 54.58mg (13.65%), Potassium: 424.95mg (12.14%), Vitamin B6: 0.23mg (11.62%), Folate: 43.23µg (10.81%), Iron: 1.87mg (10.36%), Phosphorus: 102.57mg (10.26%), Calcium: 101.89mg (10.19%), Vitamin B1: 0.13mg (8.77%), Vitamin B3: 1.75mg (8.77%), Vitamin K: 8.27µg (7.88%), Vitamin E: 1.16mg (7.74%), Zinc: 0.93mg (6.19%), Vitamin B2: 0.09mg (5.45%), Selenium: 3.58µg (5.11%), Vitamin B5: 0.49mg (4.87%), Vitamin C: 3.87mg (4.69%)