



# Grilled Eggplant, Tomato and Goat Cheese

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

## Ingredients

- 2 tablespoons balsamic vinegar
- 1 medium eggplant sliced into 1/4 inch rounds
- 11 ounce goat cheese
- 4 tablespoons olive oil
- 8 servings salt and pepper to taste
- 2 large tomatoes sliced

## Equipment

- bowl

toothpicks

grill

## Directions

Preheat grill for medium heat.

In a large bowl, coat eggplant with olive oil and balsamic vinegar. Season with salt and pepper.

Arrange half of the eggplant slices on a tray.

Place a slice of tomato and a slice of goat cheese on each slice of eggplant.

Sprinkle a little salt and pepper on the tomatoes and cheese. Top with remaining slices of eggplant, and secure each bundle with a toothpick.

Lightly oil the grill grate.

Remove toothpicks, and arrange bundles on grate. Cook about 7 to 8 minutes, then carefully flip. Continue cooking for 6 to 7 minutes.

## Nutrition Facts

 **PROTEIN 16.84%**  **FAT 71.21%**  **CARBS 11.95%**

## Properties

Glycemic Index:14.75, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:7.2608696274135%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 190.81kcal (9.54%), Fat: 15.41g (23.71%), Saturated Fat: 6.68g (41.75%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.55g (1.29%), Sugar: 4.16g (4.63%), Cholesterol: 17.93mg (5.98%), Sodium: 341.72mg (14.86%), Alcohol: 0g (100%), Protein: 8.2g (16.4%), Copper: 0.36mg (17.99%), Vitamin A: 794.85IU (15.9%), Phosphorus: 125.21mg (12.52%), Manganese: 0.23mg (11.47%), Vitamin B2: 0.18mg (10.47%), Vitamin K: 10.51µg (10.01%), Vitamin E: 1.5mg (9.97%), Vitamin B6: 0.18mg (9.1%), Vitamin C: 7.49mg (9.08%), Fiber: 2.26g (9.05%), Potassium: 253.66mg (7.25%), Calcium: 65.55mg (6.55%), Folate: 24.1µg (6.02%), Iron: 1.06mg (5.92%), Magnesium: 19.74mg (4.94%), Vitamin B5: 0.47mg (4.66%), Vitamin B1: 0.07mg (4.43%), Vitamin B3: 0.81mg (4.05%), Zinc: 0.53mg

(3.54%), Selenium: 1.26µg (1.81%), Vitamin B12: 0.07µg (1.23%), Vitamin D: 0.16µg (1.04%)