



Grilled Eggplant, Tomatoes, and Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 2 medium eggplants trimmed sliced (3/)
- ☐ 0.3 cup olive oil
- ☐ 4 roma tomatoes halved lengthwise
- ☐ 2 tablespoons salt plus more for sprinkling
- ☐ 2 small zucchinis trimmed halved lengthwise

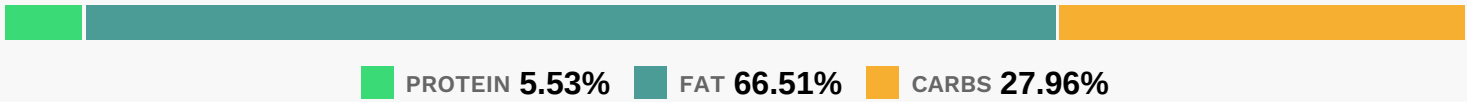
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, dissolve 2 tablespoons salt in 3 quarts cold water.
- ☐ Add eggplant slices and weight with a plate or inverted bowl.
- ☐ Let sit 30 minutes.
- ☐ Meanwhile, prepare a charcoal or gas grill for medium-high heat (you can hold your hand at grill level only 3 to 4 seconds).
- ☐ Drain and dry eggplant.
- ☐ Lay vegetables on a platter.
- ☐ Brush one side with olive oil and sprinkle with salt.
- ☐ Brush grill with vegetable oil.
- ☐ Lay vegetables on grill, oiled side down. Close lid of gas grill and cook until grill marks form, about 5 minutes.
- ☐ Brush dry side of vegetables with olive oil and sprinkle with salt. Turn over, close lid of gas grill, and cook until tender, 3 to 5 minutes.
- ☐ Serve vegetables hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:13.33826083204%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 237.56kcal (11.88%), Fat: 18.73g (28.81%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 9.51g (3.46%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 3500.98mg (152.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Manganese: 0.72mg (35.77%), Fiber: 8.2g (32.82%), Vitamin C: 24.09mg (29.2%), Vitamin K: 26.29µg (25.03%), Vitamin E: 3.68mg (24.56%), Potassium: 826.24mg (23.61%), Folate: 73.84µg (18.46%), Vitamin B6: 0.34mg (16.91%), Vitamin A: 687.13IU (13.74%), Copper: 0.26mg (12.8%), Magnesium: 49.59mg (12.4%), Vitamin B3: 2.12mg (10.6%), Vitamin B1: 0.14mg (9.25%), Phosphorus: 92.26mg (9.23%), Vitamin B2: 0.15mg (8.94%), Vitamin B5: 0.82mg (8.19%), Iron: 1.04mg (5.79%), Zinc: 0.67mg (4.46%), Calcium: 38.59mg (3.86%), Selenium: 0.81µg (1.16%)