



Grilled Eggplant with Caramelized Onion and Fennel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1.3 pound eggplant peeled (4-inch diameter)
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2.8 cups fennel bulb chopped (1 large bulb)
- ☐ 2 tablespoons basil fresh chopped

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.3 teaspoon salt divided
- ☐ 1 teaspoon balsamic vinegar white
- ☐ 2 cups onion yellow finely chopped

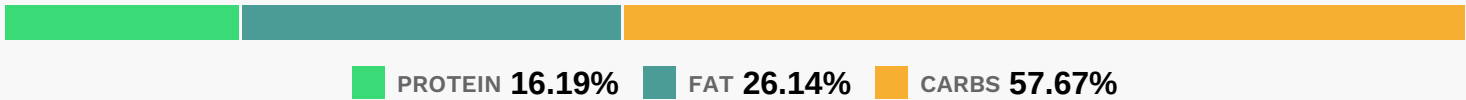
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill to medium heat.
- ☐ Cut eggplant crosswise into 8 (1/2-inch-thick) slices. Lightly coat both sides of eggplant slices with cooking spray; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place on a grill rack coated with cooking spray; grill 7 minutes on each side or until browned. Set eggplant slices aside.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add fennel and onion; saut 8 minutes or until vegetables are tender and lightly browned.
- ☐ Combine remaining 1/8 teaspoon salt, 1/8 teaspoon pepper, arugula, vinegar, and oil in a medium bowl; toss gently to coat. Divide arugula mixture evenly among 8 appetizer plates; top each serving with 1 eggplant slice. Arrange about 1/3 cup fennel mixture on each eggplant slice; top with 2 tablespoons tomatoes and 1 tablespoon cheese.
- ☐ Sprinkle the chopped basil and thyme evenly over cheese.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:7.7056522486003%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 72.43kcal (3.62%), Fat: 2.29g (3.53%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 7.3g (2.65%), Sugar: 6.1g (6.78%), Cholesterol: 3.26mg (1.09%), Sodium: 120.99mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin K: 30µg (28.57%), Vitamin C: 14.6mg (17.69%), Manganese: 0.35mg (17.28%), Fiber: 4.09g (16.36%), Potassium: 413.76mg (11.82%), Folate: 40.13µg (10.03%), Copper: 0.17mg (8.51%), Vitamin A: 408.4IU (8.17%), Vitamin B6: 0.16mg (8.08%), Phosphorus: 70.95mg (7.09%), Magnesium: 26.07mg (6.52%), Calcium: 55.13mg (5.51%), Iron: 0.98mg (5.46%), Vitamin B2: 0.09mg (5.09%), Vitamin B3: 0.86mg (4.32%), Vitamin B1: 0.06mg (4.24%), Vitamin B5: 0.42mg (4.17%), Vitamin E: 0.61mg (4.06%), Zinc: 0.38mg (2.52%), Selenium: 0.93µg (1.33%)