



Grilled Eggplant with Garlic Sauce and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 4 asian eggplants halved lengthwise
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 0.3 teaspoon chili flakes red
- ☐ 2 tablespoons rice vinegar
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons soya sauce

☐ 4 servings vegetable oil

Equipment

☐ bowl

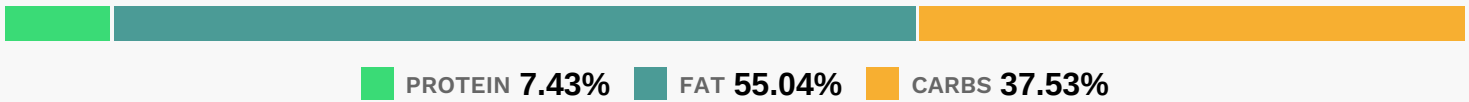
☐ whisk

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Make a paste by smashing the garlic with a little salt and add to a small bowl.
- ☐ Whisk in the vinegar, soy, sesame oil, and red chili flakes.
- ☐ Heat grill to high.
- ☐ Brush eggplant with oil and season with salt and pepper. Grill until slightly charred and just cooked through. Slice each half into 1/2-inch slices and place on a platter.
- ☐ Drizzle with the vinegar mixture and sprinkle with mint or cilantro.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:16.874782313471%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 279.4kcal (13.97%), Fat: 18.36g (28.25%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 14.26g (5.19%), Sugar: 16.35g (18.17%), Cholesterol: 0mg (0%), Sodium: 708.29mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Manganese: 1.15mg (57.42%), Fiber: 13.9g (55.6%), Vitamin K: 42.73µg (40.69%), Potassium: 1079.08mg (30.83%), Folate: 102.54µg (25.63%), Vitamin B6: 0.43mg (21.51%), Copper: 0.39mg (19.56%), Vitamin E: 2.62mg (17.47%), Magnesium: 68.52mg (17.13%), Vitamin B3: 3.36mg (16.79%), Vitamin B5: 1.33mg (13.34%), Vitamin C: 10.73mg (13%), Vitamin B1: 0.19mg (12.55%), Phosphorus:

125.42mg (12.54%), Vitamin B2: 0.19mg (10.98%), Iron: 1.33mg (7.4%), Zinc: 0.8mg (5.35%), Calcium: 47.72mg (4.77%), Vitamin A: 149.33IU (2.99%), Selenium: 1.8µg (2.57%)