



Grilled Eggplant with Lebneh



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 2 lb eggplant (2 medium)
- ☐ 1 garlic clove
- ☐ 6 servings mint leaves fresh
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 0.5 cup yogurt plain thick eastern-style (Middle yogurt)

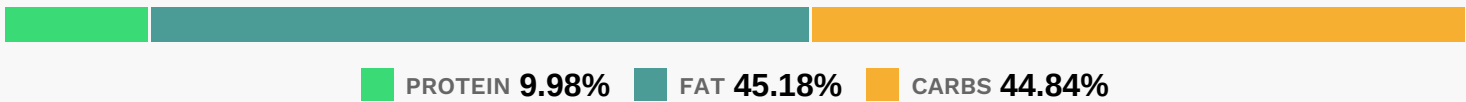
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ If using whole-milk plain yogurt, drain in a paper-towel-lined sieve set over a bowl, covered and chilled, 8 to 12 hours.
- ☐ Mince garlic and mash to a paste with a pinch of salt, then transfer to a bowl.
- ☐ Whisk in lebneh or drained yogurt, 1/4 teaspoon salt, and enough water to make mixture resemble well-stirred sour cream.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on moderately high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Brush eggplant slices generously with oil on both sides and sprinkle with remaining 3/4 teaspoon salt. Grill slices on lightly oiled grill rack, covered only if using a gas grill, turning over occasionally, until eggplant is tender, 12 to 15 minutes total.
- ☐ Transfer as cooked to a platter, arranging slices in 1 layer. Put a spoonful of yogurt mixture on each eggplant slice and top with a mint leaf.
- ☐ If you aren't able to grill outdoors, eggplant can be cooked in a hot well-seasoned ridged grill pan over moderate heat, turning over occasionally, 10 to 12 minutes total, or broiled in a shallow baking pan (4 to 6 inches from heat), turning over occasionally, 15 to 20 minutes total.* Available at Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.53, Inflammation Score:-4, Nutrition Score:5.8595652379419%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 83.52kcal (4.18%), Fat: 4.55g (7%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 5.53g (2.01%), Sugar: 6.29g (6.99%), Cholesterol: 2.65mg (0.88%), Sodium: 400.71mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Manganese: 0.37mg (18.64%), Fiber: 4.63g (18.51%), Potassium: 385.7mg (11.02%), Folate: 35.85µg (8.96%), Vitamin K: 7.51µg (7.15%), Vitamin B6: 0.14mg (7.05%), Vitamin E: 0.98mg (6.56%), Copper: 0.13mg (6.51%), Magnesium: 24.6mg (6.15%), Phosphorus: 57.18mg (5.72%), Vitamin B2: 0.09mg (5.18%), Vitamin B5: 0.51mg (5.11%), Vitamin B3: 1.02mg (5.09%), Vitamin C: 3.9mg (4.73%), Vitamin B1: 0.07mg (4.45%), Calcium: 42.07mg (4.21%), Zinc: 0.38mg (2.54%), Iron: 0.44mg (2.45%), Vitamin A: 97.51IU (1.95%), Selenium: 0.97µg (1.39%), Vitamin B12: 0.08µg (1.26%)