



Grilled Eggplant With Sweet Pepper-Tomato Topping



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 20 oz eggplants
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 10 servings pepper-tomato topping sweet

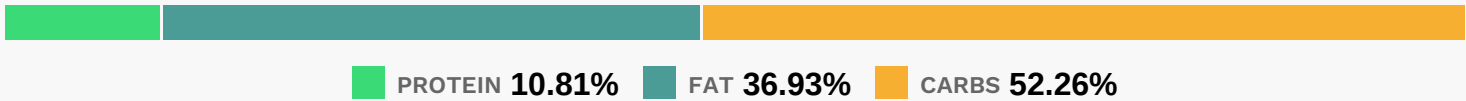
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 400 to 450 (high).
- ☐ Cut each eggplant lengthwise into 5 (1/2-inch-thick) slices.
- ☐ Brush both sides of eggplant with oil; sprinkle with salt and pepper.
- ☐ Grill eggplant, covered with grill lid, over 400 to 450 (high) heat 2 to 3 minutes on each side or until lightly browned and slightly charred.
- ☐ Serve immediately with Sweet Pepper-Tomato Topping.
- ☐ *4 Chinese eggplants or 6 Japanese eggplants (about 1 1/2 lb.), cut diagonally into 1/2-inch-thick slices, may be substituted.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:8.9747826327448%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 71.58kcal (3.58%), Fat: 3.27g (5.02%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 6.51g (2.37%), Sugar: 6.74g (7.48%), Cholesterol: 0mg (0%), Sodium: 242.76mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 25.91mg (31.4%), Vitamin A: 1512.99IU (30.26%), Manganese: 0.35mg (17.5%), Vitamin K: 18.05µg (17.19%), Potassium: 557.85mg (15.94%), Fiber: 3.89g (15.55%), Vitamin E: 1.55mg (10.31%), Folate: 39.49µg (9.87%), Vitamin B6: 0.19mg (9.6%), Copper: 0.15mg (7.68%), Vitamin B3: 1.44mg (7.19%), Magnesium: 27.91mg (6.98%), Vitamin B1: 0.09mg (5.92%), Phosphorus: 56.97mg (5.7%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.26%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.4mg (2.66%), Calcium: 23.72mg (2.37%)