



Grilled Eggplant With Yogurt and Mint

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper
- 1 teaspoon mint leaves dried
- 1 large 1/2-pound eggplant
- 2 cloves garlic minced
- 0.3 cup percent greek yogurt
- 0.5 teaspoon ground cumin
- 4 servings kosher salt
- 2 tablespoons olive oil

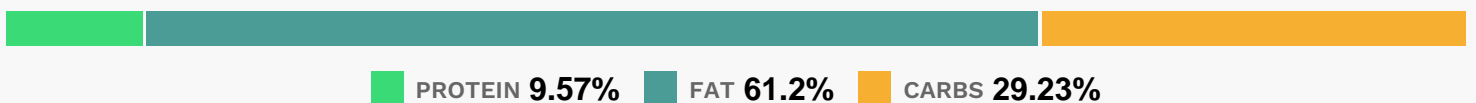
Equipment

- bowl
- whisk
- grill
- microwave
- colander
- grill pan
- peeler

Directions

- Stripe the eggplant with a vegetable peeler and cut into 1/2-inch-thick slices.
- Sprinkle the eggplant slices generously with salt, place in a colander and let sit 30 minutes. Rinse the eggplant under cold water and pat thoroughly dry.
- Meanwhile, combine the olive oil and garlic in a small glass cup, and microwave just until the oil is hot and bubbling, about 20 seconds.
- Whisk together the yogurt, mint, cumin, cayenne, 2 tablespoons water and salt to taste in a small bowl.
- Heat a grill pan over medium-high heat or prepare an outdoor grill for medium-heat cooking.
- Brush the eggplant slices on both sides with the oil and garlic mixture. Grill until the eggplant is browned and tender, moving and turning the slices frequently, about 15 minutes.
- Drizzle the mint sauce onto the eggplant slices.
- Per serving: Calories: 110; Total Fat: 7 grams; Saturated Fat: 1 gram; Protein: 3 grams; Total carbohydrates: 11 grams; Sugar: 5 grams; Fiber: 6 grams; Cholesterol: 0 milligrams; Sodium: 130 milligrams

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.14, Inflammation Score:-3, Nutrition Score:5.070434777633%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 101.74kcal (5.09%), Fat: 7.33g (11.27%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 4.34g (1.58%), Sugar: 4.47g (4.97%), Cholesterol: 0.63mg (0.21%), Sodium: 201.83mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Manganese: 0.32mg (15.78%), Fiber: 3.54g (14.15%), Vitamin E: 1.37mg (9.13%), Potassium: 293.33mg (8.38%), Vitamin K: 8.28µg (7.89%), Folate: 26.82µg (6.71%), Vitamin B6: 0.13mg (6.39%), Copper: 0.1mg (5.18%), Magnesium: 19.49mg (4.87%), Phosphorus: 48.44mg (4.84%), Vitamin B2: 0.08mg (4.82%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.37mg (3.74%), Vitamin C: 3.03mg (3.67%), Vitamin B1: 0.05mg (3.49%), Iron: 0.62mg (3.42%), Calcium: 31.31mg (3.13%), Selenium: 1.81µg (2.59%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.09µg (1.46%), Vitamin A: 53.77IU (1.08%)