



## Grilled Fennel, Leeks, and Eggplant with Garlic-Miso Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 pounds japanese eggplants halved lengthwise
- 1 fennel bulb trimmed cut into 8 wedges
- 5 garlic cloves unpeeled
- 4 small leeks trimmed halved lengthwise
- 0.3 cup mirin sweet ( rice wine)
- 0.3 cup water
- 0.3 cup miso yellow (soybean paste)

## Equipment

- sauce pan
- blender
- grill
- broiler
- broiler pan

## Directions

- Prepare grill or broiler.
- Place the leeks, eggplants, fennel, and garlic in a grill basket on a grill rack or on a broiler pan; cook 10 minutes or until tender, turning frequently.
- Remove the leeks, eggplant, and fennel from the heat, and cook the garlic for an additional 5 minutes.
- Combine mirin and water in a small saucepan over medium heat; bring to a boil. Reduce heat; simmer 3 minutes.
- Squeeze garlic cloves to extract pulp; place pulp in a blender.
- Add the mirin mixture and miso; process until smooth.
- Pour the sauce over the vegetables, and toss well to coat.

## Nutrition Facts



**PROTEIN 15.07%** **FAT 10.27%** **CARBS 74.66%**

## Properties

Glycemic Index:24.75, Glycemic Load:4.5, Inflammation Score:-7, Nutrition Score:9.7473912407523%

## 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 Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 92.81kcal (4.64%), Fat: 1.02g (1.57%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 12.16g (4.42%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 453.81mg (19.73%), Alcohol: 1.61g (100%), Alcohol %: 1.16% (100%), Protein: 3.36g (6.72%), Vitamin K: 45.15µg (43%), Manganese: 0.56mg (28.21%), Fiber: 4.49g (17.97%), Vitamin A: 807.45IU (16.15%), Folate: 54.2µg (13.55%), Vitamin C: 10.99mg (13.33%), Potassium: 397.58mg (11.36%), Vitamin B6: 0.22mg (11.15%), Copper: 0.19mg (9.3%), Iron: 1.64mg (9.1%), Magnesium: 34mg (8.5%), Phosphorus: 68.9mg (6.89%), Calcium: 57.61mg (5.76%), Vitamin E: 0.79mg (5.3%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.94mg (4.71%), Vitamin B2: 0.08mg (4.57%), Vitamin B5: 0.38mg (3.79%), Zinc: 0.54mg (3.62%), Selenium: 2.07µg (2.96%)