



Grilled Japanese Eggplant Rolls with Stilton, Red Pepper & Watercress

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



207 kcal

Ingredients

- ☐ 1 bunch baby watercress with stems trimmed to size washed
- ☐ 0.3 cup olive oil
- ☐ 4 bell peppers red
- ☐ 0.8 cup stilton cheese crumbled
- ☐ 0.3 cup balsamic vinegar

Equipment

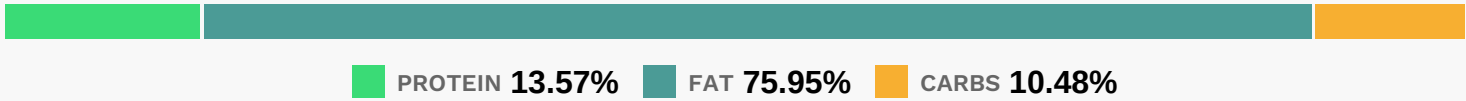
- ☐ whisk
- ☐ toothpicks

☐ grill

Directions

- ☐ Prepare barbecue for medium indirect heat.
- ☐ Whisk together vinegar and oil. Season with salt and pepper.
- ☐ Brush both sides of eggplant slices with ¼ cup vinaigrette. Grill until cooked through, turning occasionally, about 4 minutes per side.
- ☐ Remove from grill; brush with ¼ cup vinaigrette. Cool. Grill bell peppers until blackened on all sides. Wrap in paper bag and let stand 10 minutes. Peel and seed peppers.
- ☐ Cut into ¼-inch strips. Season with salt and pepper. These steps may be done 1 day ahead and refrigerated in a single layer; chill eggplant and bell peppers separately.)To assemble: Bring all ingredients to room temperature.
- ☐ Place eggplant slices on work surface.
- ☐ Place 4 bell pepper strips on 1 end of each eggplant slice; top with 2 to 4 baby watercress sprigs, allowing peppers and watercress to extend beyond both sides of eggplant.
- ☐ Sprinkle Stilton cheese.
- ☐ Roll eggplant up.
- ☐ Place seam side down on platter, secure with toothpicks. (Can be prepared 4 hours ahead. Cover.)

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:13.507826141689%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 206.63kcal (10.33%), Fat: 17.73g (27.27%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.49g (3.88%), Cholesterol: 22.18mg (7.39%), Sodium: 343.67mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Vitamin C: 101.61mg (123.17%), Vitamin A: 2710.85IU (54.22%), Vitamin E: 2.62mg (17.49%), Calcium: 162.47mg (16.25%), Vitamin B6: 0.28mg (14.01%), Phosphorus: 135.68mg (13.57%), Folate: 47.25µg (11.81%), Vitamin B2: 0.18mg (10.62%), Vitamin K: 10.06µg (9.58%), Vitamin B5: 0.76mg (7.63%), Potassium: 243.81mg (6.97%), Fiber: 1.68g (6.7%), Zinc: 0.99mg (6.59%), Selenium: 4.42µg (6.32%), Vitamin B12: 0.36µg (6.01%), Vitamin B3: 1.08mg (5.41%), Manganese: 0.1mg (4.9%), Magnesium: 16.48mg (4.12%), Vitamin B1: 0.05mg (3.46%), Iron: 0.49mg (2.72%), Copper: 0.03mg (1.31%)