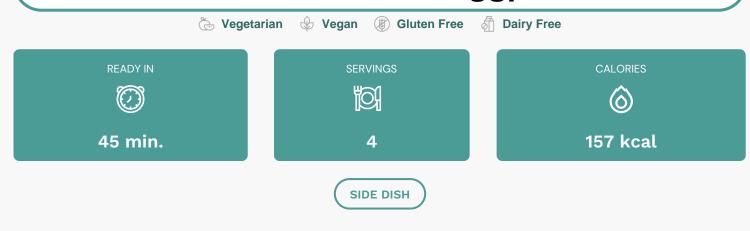


# **Grilled Marinated Eggplant**



## **Ingredients**

3 tablespoons balsamic vinegar
2 tablespoons capers drained
0.8 pound eggplant thick peeled sliced
0.3 cup olive oil extra virgin
0.5 cup flat-leaf parsley leaves fresh loosely packed
1 medium garlic clove peeled sliced
4 servings kosher salt and pepper black freshly ground
0.5 teaspoon oregano dried

	0.3 teaspoon pepper flakes red minced	
Equipment		
	food processor	
	bowl	
	plastic wrap	
	grill	
	grill pan	
Directions		
	Finely chop the parsley with the capers and garlic.	
	Add the oregano and peperoncini and chop everything together.	
	Put the mixture in a bowl, stir in the oil, season with salt and pepper, and reserve.	
	Preheat an outdoor charcoal or gas grill or a grill pan until smoking hot.	
	Put enough eggplant slices on the grill to cover it without crowding. Cook the eggplant until well marked, 3 to 6 minutes, then turn the slices over. Cook until tender, about 3 minutes more.	
	Remove the eggplant from the grill.	
	Pour the vinegar into a shallow bowl. While still hot, dip each eggplant slice into the vinegar and set it aside on a plate. Continue grilling and dipping the eggplant until all the slices are cooked and seasoned.	
	Spoon 2 tablespoons of the parsley mixture onto a platter and spread it evenly with the back of a spoon. Arrange half of the grilled eggplant on the parsley in a single layer. Smear each slice of eggplant with more parsley.	
	Place a second layer of eggplant on top and spread the remaining parsley on it. Cover the dish with plastic wrap and set aside to marinate at room temperature for about 2 hours (or refrigerate for longer).	
	Serve at room temperature.	
	You could make the parsley mixture in a food processor, but I don't. I find hand chopping gives me the somewhat drier texture I prefer.	

	No. duition Foots
ш	Reprinted with permission from Salt to Taste: The Keys to Confident, Delicious Cooking by Marco Canora with Catherine Young, © 2009 Rodale Inc.
	Description describes a service in the Contract The Kenneth Contract Deliving Contract Contract
	penetrates.
	I marinate the eggplant as soon as it comes off the grill so the flavor of the marinade
	For this recipe, I don't salt or oil the eggplant; I grill it dry. This way, it has a nice chewy texture

#### Nutrition Facts

PROTEIN 3.22% FAT 76.42% CARBS 20.36%

### **Properties**

Glycemic Index:44.75, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:9.8613042598185%

#### **Flavonoids**

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

#### Nutrients (% of daily need)

Calories: 157.17kcal (7.86%), Fat: 13.78g (21.2%), Saturated Fat: 1.92g (12%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.9g (5.45%), Cholesterol: Omg (0%), Sodium: 121.95mg (5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin K: 136.95µg (130.43%), Vitamin E: 2.39mg (15.9%), Vitamin C: 12.26mg (14.86%), Vitamin A: 698.81IU (13.98%), Manganese: 0.27mg (13.4%), Fiber: 3.12g (12.47%), Folate: 31.7µg (7.92%), Potassium: 261.41mg (7.47%), Iron: 1.03mg (5.7%), Copper: 0.1mg (5.23%), Magnesium: 19.64mg (4.91%), Vitamin B6: 0.09mg (4.7%), Vitamin B3: 0.71mg (3.54%), Phosphorus: 29.49mg (2.95%), Calcium: 29.18mg (2.92%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.26mg (1.74%)