



Herb-Roasted Eggplant with Tomatoes and Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pound eggplant cut into 1-inch cubes
- ☐ 0.5 cup feta cheese crumbled
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 4 large plum tomatoes cored quartered
- ☐ 2 tablespoons sherry wine vinegar

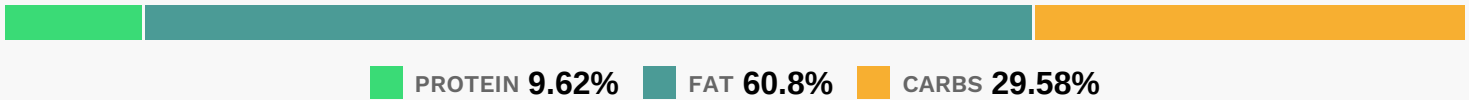
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Place eggplant and tomatoes on rimmed baking sheet; toss with oil and vinegar.
- ☐ Sprinkle with 2 tablespoons oregano, salt, and pepper. Roast until eggplant is tender and golden brown, stirring occasionally, about 40 minutes.
- ☐ Transfer eggplant and tomatoes to platter.
- ☐ Sprinkle with feta and 2 teaspoons oregano and serve.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:9.184347902951%

Flavonoids

Delphinidin: 113.37mg, Delphinidin: 113.37mg, Delphinidin: 113.37mg, Delphinidin: 113.37mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 140.89kcal (7.04%), Fat: 10.08g (15.51%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.83g (6.47%), Cholesterol: 11.13mg (3.71%), Sodium: 148.17mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.44mg (22.15%), Vitamin K: 22.7µg (21.62%), Fiber: 5.17g (20.69%), Vitamin E: 1.95mg (13.03%), Potassium: 431.69mg (12.33%), Folate: 43.26µg (10.81%), Vitamin B6: 0.21mg (10.73%), Calcium: 104.65mg (10.47%), Vitamin C: 8.64mg (10.47%), Vitamin B2: 0.17mg (10.06%), Vitamin A: 455.84IU (9.12%), Phosphorus: 86.66mg (8.67%), Magnesium: 30.14mg (7.54%), Copper: 0.15mg (7.33%), Vitamin B3: 1.31mg (6.53%), Iron: 1.17mg (6.51%), Vitamin B1: 0.09mg (5.94%), Vitamin B5: 0.54mg (5.45%), Zinc: 0.69mg (4.59%), Vitamin B12: 0.21µg (3.52%), Selenium: 2.35µg (3.35%)