



## Herbed Eggplant Slices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

### Ingredients

- 1 eggplant sliced into 1/2 inch rounds
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 0.5 cup parsley fresh chopped
- 1 clove garlic minced
- 4 servings pepper black to taste
- 1 tablespoon oregano fresh minced
- 4 servings salt to taste

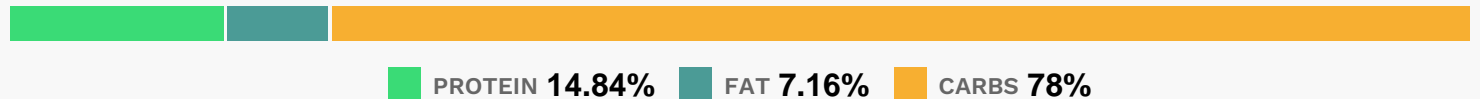
## Equipment

- bowl
- baking sheet
- oven
- broiler

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Coat a baking sheet with cooking spray.
- In a small bowl, combine garlic, oregano, basil ,and parsley.
- Mix well, and set aside.
- Generously season each eggplant slice with salt and pepper on both sides.
- Place on baking sheet.
- Bake 5 to 7 minutes on each side, until tender and slightly browned.
- Sprinkle herb mixture on eggplant slices, and place under the broiler for 30 seconds.
- Transfer to a serving plate, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:67.25, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:10.78000007505%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 36.7kcal (1.83%), Fat: 0.35g (0.53%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 4.16g (1.51%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 200.86mg (8.73%), Alcohol: 0g (100%), Protein: 1.61g (3.22%), Vitamin K: 147.41µg (140.39%), Manganese: 0.4mg (20.01%), Fiber: 4.3g (17.21%), Vitamin A: 838.26IU (16.77%), Vitamin C: 13.3mg (16.12%), Folate: 41.63µg (10.41%), Potassium: 332.73mg (9.51%), Iron: 1.31mg (7.26%), Vitamin B6: 0.13mg (6.51%), Magnesium: 25.44mg (6.36%), Copper: 0.13mg (6.36%), Calcium: 47.85mg (4.78%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.65mg (4.36%), Vitamin B5: 0.38mg (3.75%), Vitamin B1: 0.06mg (3.73%), Phosphorus: 36.67mg (3.67%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.33mg (2.21%)