



How to Roast Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



1

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 eggplant

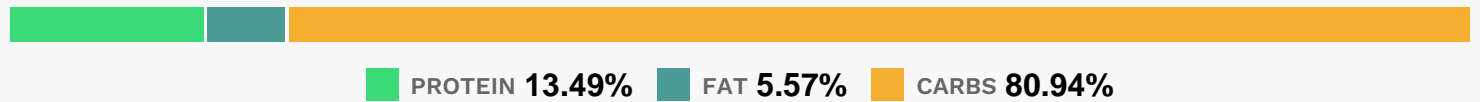
Equipment

- bowl
- baking sheet
- knife
- aluminum foil
- tongs
- colander

Directions

- Save Recipe
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- How to Roast Eggplant
- Ingredients1 eggplant
- You will also need
- Aluminum foil, tongs, fork, knife, bowl, colander, baking sheet, and/or extra virgin olive oil (depending on the roasting method you choose)
- Prep Time: 5 Minutes
- Cook Time: 30 - 45 Minutes
- Total Time: 50 Minutes
- Servings: 1 roasted eggplant
- Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:14.488695611124%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 114.5kcal (5.72%), Fat: 0.82g (1.27%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 13.19g (4.8%), Sugar: 16.17g (17.96%), Cholesterol: 0mg (0%), Sodium: 9.16mg (0.4%), Alcohol: 0g (100%), Protein: 4.49g (8.98%), Fiber: 13.74g (54.96%), Manganese: 1.06mg (53.13%), Potassium: 1048.82mg (29.97%), Folate: 100.76µg (25.19%), Vitamin B6: 0.38mg (19.24%), Copper: 0.37mg (18.55%), Magnesium: 64.12mg (16.03%), Vitamin K: 16.03µg (15.27%), Vitamin B3: 2.97mg (14.86%), Vitamin B5: 1.29mg (12.87%), Vitamin C: 10.08mg (12.21%), Vitamin B1: 0.18mg (11.91%), Phosphorus: 109.92mg (10.99%), Vitamin B2: 0.17mg (9.97%), Vitamin E: 1.37mg (9.16%), Iron: 1.05mg (5.85%), Zinc: 0.73mg (4.89%), Calcium: 41.22mg (4.12%), Vitamin A: 105.34IU (2.11%), Selenium: 1.37µg (1.96%)