



Israeli Roast Eggplant, Hummus and Pickle Sandwiches



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



45

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large baking potato (large)
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 1 cucumber peeled halved seeded cut into 1/2-inch dice
- ☐ 4 small dill pickles thinly sliced (small)
- ☐ 1 medium eggplant sliced (medium)
- ☐ 2 cloves garlic minced
- ☐ 4 large hard-cooked eggs sliced (large)

- ☐ 1 cup water
- ☐ 1 large jalapeño minced (large)
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 3 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 2 tablespoons parsley chopped
- ☐ 45 servings pepper freshly ground
- ☐ 4 pita breads thick warmed ()
- ☐ 45 servings salt
- ☐ 0.3 cup tahini at room temperature
- ☐ 1 large tomatoes cut into 1/2-inch dice (large)

Equipment

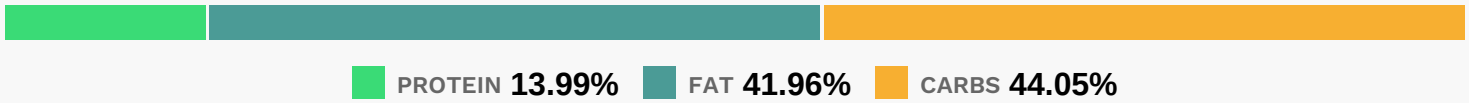
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 42
- ☐ In a small saucepan, cover the potato with 2 inches of water and bring to a boil. Cook over moderate heat until just tender, about 20 minutes.
- ☐ Drain and let cool, then peel the potato and slice it 1/4 inch thick. Season the potato slices with salt.
- ☐ Meanwhile, arrange the eggplant slices on a rimmed baking sheet and brush both sides with olive oil. Season with salt and bake for about 10 minutes, until browned and tender.
- ☐ In a large bowl, add the cucumber, tomato, jalapeo, garlic, cilantro and parsley. Toss with the lemon juice and 3 tablespoons of olive oil and season with salt and pepper.
- ☐ Cut off 2 inches from the side of the warm pitas to make openings in the pockets. Gently open the pitas.
- ☐ Spread the hummus on the bottoms and 1 tablespoon of tahini over it.

Layer the potato slices, eggplant, egg and cucumber–tomato salad in the pitas, along with some of the salad juices. Top with the pickle slices and serve.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:2.8839130686677%

Flavonoids

Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 57.5kcal (2.87%), Fat: 2.76g (4.25%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.73g (0.82%), Cholesterol: 16.58mg (5.53%), Sodium: 274.88mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.13mg (6.56%), Vitamin K: 5.65µg (5.38%), Fiber: 1.09g (4.34%), Copper: 0.09mg (4.32%), Phosphorus: 43.09mg (4.31%), Vitamin B1: 0.06mg (4.26%), Folate: 14.71µg (3.68%), Vitamin B6: 0.07mg (3.42%), Potassium: 114.49mg (3.27%), Vitamin C: 2.5mg (3.03%), Magnesium: 12.06mg (3.02%), Selenium: 2.07µg (2.95%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.61%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.41mg (2.03%), Vitamin A: 93.3IU (1.87%), Vitamin E: 0.25mg (1.7%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.71mg (1.67%)