



Italian Eggplant Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 large eggplants
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons garlic cloves minced
- ☐ 6 servings garnishes: grape tomatoes fresh halved
- ☐ 4 tablespoons olive oil
- ☐ 2.5 teaspoons salt divided

- ☐ 2 baby squash yellow
- ☐ 2 small zucchini

Equipment

- ☐ food processor
- ☐ paper towels
- ☐ baking pan
- ☐ grill

Directions

- ☐ Cut eggplants crosswise into 1/2-inch slices; sprinkle cut sides with 1 1/2 teaspoons salt.
- ☐ Place slices in a single layer on paper towels; let stand 1 hour.
- ☐ Cut zucchini and squash lengthwise into 1/8- to 1/4-inch-thick slices; set aside.
- ☐ Process 1/2 teaspoon salt, 4 tablespoons olive oil, minced garlic, chopped basil, chopped mint, and balsamic vinegar in a food processor, stopping to scrape down sides.
- ☐ Rinse eggplant slices with water, and pat dry.
- ☐ Brush slices with olive oil mixture, sprinkle with 1/4 teaspoon salt. Arrange eggplant in a single layer on a lightly greased grill.
- ☐ Grill eggplant slices, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 12 minutes or until lightly browned, turning and brushing with olive oil mixture.
- ☐ Remove eggplant from grill.
- ☐ Sprinkle zucchini and squash slices with remaining 1/4 teaspoon salt, brush with olive oil mixture. Arrange slices in a single layer on a lightly greased grill.
- ☐ Grill zucchini and squash slices, covered with grill lid, over medium-high heat 5 minutes; turn and grill 2 more minutes.
- ☐ Arrange grilled eggplant, zucchini, and squash in a even layer in a 13- x 9-inch baking dish.
- ☐ Pour remaining olive oil mixture over vegetables. Cover and chill 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 7.64%**  **FAT 55.2%**  **CARBS 37.16%**

Properties

Glycemic Index:44.17, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:11.049130439758%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 150.55kcal (7.53%), Fat: 9.89g (15.22%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 9.05g (3.29%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 979.61mg (42.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.63mg (31.52%), Vitamin C: 23.25mg (28.18%), Fiber: 5.93g (23.7%), Potassium: 659.38mg (18.84%), Vitamin B6: 0.37mg (18.63%), Vitamin K: 18.89µg (17.99%), Folate: 65.02µg (16.26%), Vitamin E: 1.94mg (12.95%), Vitamin B2: 0.2mg (11.48%), Magnesium: 43.46mg (10.87%), Copper: 0.2mg (9.96%), Phosphorus: 84.18mg (8.42%), Vitamin B3: 1.55mg (7.76%), Vitamin B1: 0.12mg (7.75%), Vitamin A: 385.42IU (7.71%), Vitamin B5: 0.64mg (6.36%), Iron: 1.02mg (5.66%), Calcium: 43.94mg (4.39%), Zinc: 0.63mg (4.2%), Selenium: 1.05µg (1.5%)