



Lemon Coconut Eggplant Fries



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dairy free almond plus almond milk beverage unsweetened so delicious®
- ☐ 1 large eggplant (see my notes in the post above on picking eggplants)
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 cup coconut flakes unsweetened

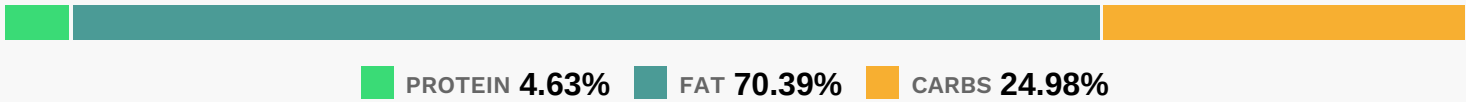
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F. Prepare a baking dish or tray with nonstick cooking spray.Using a sharp knife, slice the eggplant in half lengthwise, and then place each half with the flat side down on the cutting surface. Slice each half into 8 fry-like shapes.In a large bowl, whisk together remaining ingredients.
- ☐ Add eggplant pieces and toss gently to coat.
- ☐ Place eggplant pieces onto your prepared baking sheet, bake for 15 minutes or until golden brown.
- ☐ Remove from oven and set aside to cool for for 3 minutes.
- ☐ Serve with a side of salsa or guacamole.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.99, Inflammation Score:-3, Nutrition Score:5.3808695933093%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 129.77kcal (6.49%), Fat: 10.84g (16.68%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 4.25g (1.55%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 170.13mg (7.4%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.42mg (20.91%), Fiber: 4.4g (17.61%), Vitamin E: 1.39mg (9.24%), Potassium: 298.97mg (8.54%), Vitamin K: 8.24µg (7.85%), Copper: 0.14mg (6.87%), Folate: 27.18µg (6.8%), Vitamin C: 5.53mg (6.7%), Vitamin B6: 0.12mg (5.78%), Magnesium: 21.38mg (5.34%), Phosphorus: 39.24mg (3.92%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.37mg (3.74%), Vitamin B1: 0.05mg (3.31%), Calcium: 31.38mg (3.14%), Vitamin B2: 0.05mg (2.88%), Iron: 0.5mg (2.8%), Zinc: 0.3mg (1.97%), Selenium: 1.34µg (1.91%)