



Magaricz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarsely carrot shredded
- ☐ 1 large eggplant peeled coarsely chopped
- ☐ 1 bell pepper green cut into thin strips
- ☐ 0.3 cup olive oil
- ☐ 1 large onion diced
- ☐ 1 medium bell pepper red cut into thin strips
- ☐ 10 servings pepper flakes red crushed
- ☐ 10 servings salt to taste

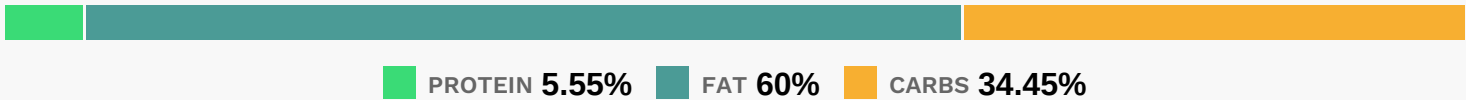
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Place eggplant in a colander, lightly salt, and leave to drain for about 45 minutes.
- ☐ Heat olive oil in a large skillet over medium high heat.
- ☐ Add eggplant, red and green bell peppers, onion, and carrot; stir to coat. Reduce heat to low, and cook for 40 minutes, stirring occasionally, or until mixture resembles the consistency of coarse jam. Season to taste with salt and red pepper flakes.
- ☐ Cover, and chill at least 1 hour.
- ☐ Serve chilled as a condiment with your favorite bread or crackers.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:8.5739131051561%

Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 81.55kcal (4.08%), Fat: 5.87g (9.03%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 237.88mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin A: 3158.82IU (63.18%), Vitamin C: 27.69mg (33.56%), Vitamin E: 2mg (13.32%), Fiber: 3.14g (12.54%), Manganese: 0.21mg (10.31%), Vitamin K: 10.18µg (9.7%), Vitamin B6: 0.18mg (8.87%), Potassium: 252.77mg (7.22%), Folate: 22.58µg (5.65%), Vitamin B3: 0.85mg (4.23%), Copper: 0.08mg (3.94%), Magnesium: 15.05mg (3.76%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.57%),

Vitamin B1: 0.05mg (3.43%), Phosphorus: 31.3mg (3.13%), Vitamin B5: 0.25mg (2.49%), Calcium: 20.59mg (2.06%),
Zinc: 0.26mg (1.74%)