



Malidzano Eggplant Spread



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



303 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 medium eggplants
- ☐ 1.5 cups feta cheese crumbled
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 pinch salt and pepper to taste
- ☐ 0.5 cup ground walnuts finely

Equipment

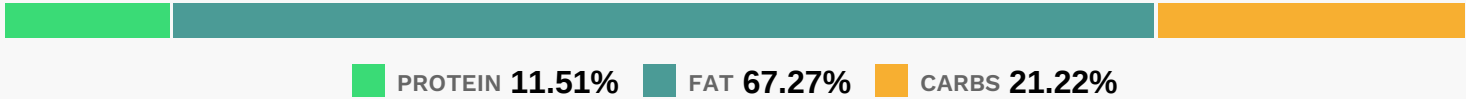
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Brush eggplants lightly with olive oil, pierce the eggplant skin with a knife, and place them in the oven. Roast until the skins are brown and the eggplant is soft, about 30 minutes.
- ☐ Remove from the oven, cool slightly, peel, and cut into chunks. Set aside in a bowl to drain off some of the liquid.
- ☐ Place the eggplant chunks into the container of a food processor, along with the garlic, feta cheese, walnuts, and olive oil. If it doesn't all fit, do this in batches then stir together. Process until well blended with just a few small chunks. The consistency should be thick.
- ☐ Transfer to a bowl, and season with salt and pepper.
- ☐ Serve as a side dish or appetizer.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:14.959565266319%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 302.93kcal (15.15%), Fat: 23.84g (36.68%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 9.35g (3.4%), Sugar: 8.36g (9.29%), Cholesterol: 33.38mg (11.13%), Sodium: 439.25mg (19.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.36%), Manganese: 0.91mg (45.41%), Fiber: 7.57g (30.26%), Vitamin B2: 0.42mg (24.59%), Calcium: 218.75mg (21.88%), Phosphorus: 218.13mg (21.81%), Vitamin B6:

0.43mg (21.43%), Folate: 72µg (18%), Copper: 0.36mg (17.92%), Potassium: 598.77mg (17.11%), Vitamin E: 2.12mg (14.14%), Magnesium: 55.09mg (13.77%), Vitamin K: 14.41µg (13.72%), Vitamin B1: 0.18mg (12.29%), Zinc: 1.77mg (11.81%), Vitamin B5: 1.07mg (10.74%), Vitamin B12: 0.63µg (10.56%), Selenium: 7.07µg (10.11%), Vitamin B3: 1.98mg (9.91%), Vitamin C: 5.79mg (7.02%), Iron: 1.14mg (6.33%), Vitamin A: 213.05IU (4.26%)