



Marinated aubergine & rocket salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggplant cut into small chunks
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 small handful golden raisins
- ☐ 50 g arugula

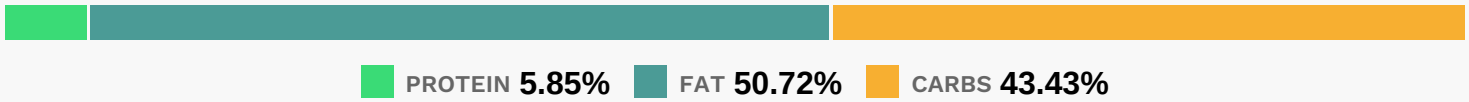
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the aubergine with 2 tbsp olive oil and seasoning in a large roasting tin and roast for 30 mins until golden and soft.
- ☐ When cooked, toss with the vinegar, sultanas and remaining oil. Scatter over the rocket just before serving. Can be served warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:5.95, Inflammation Score:-6, Nutrition Score:10.14565212312%

Flavonoids

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 Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 182.88kcal (9.14%), Fat: 11.03g (16.97%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 13.88g (5.05%), Sugar: 13.98g (15.53%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Manganese: 0.61mg (30.25%), Fiber: 7.37g (29.48%), Vitamin K: 28.22µg (26.88%), Potassium: 635.55mg (18.16%), Folate: 62.73µg (15.68%), Vitamin E: 2.26mg (15.08%), Vitamin B6: 0.23mg (11.29%), Copper: 0.22mg (11.21%), Magnesium: 41.52mg (10.38%), Vitamin C: 7.15mg (8.67%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 71.61mg (7.16%), Vitamin B5: 0.71mg (7.09%), Vitamin A: 349.3IU (6.99%), Vitamin B2: 0.11mg (6.46%), Vitamin B1: 0.1mg (6.36%), Iron: 0.96mg (5.33%), Calcium: 46.85mg (4.68%), Zinc: 0.46mg (3.04%), Selenium: 0.78µg (1.11%)