



Marinated Eggplant with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb eggplants white italian trimmed cut lengthwise into 1/8-inch-thick slices (3)
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 5 tablespoons red-wine vinegar
- ☐ 1.3 teaspoons salt
- ☐ 1 teaspoon sugar

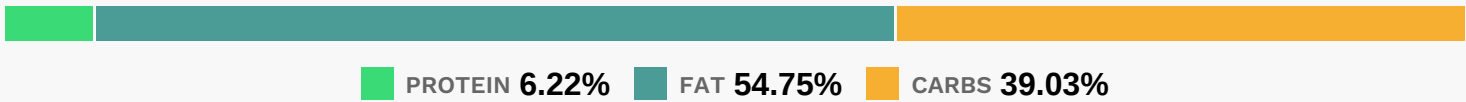
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ colander

Directions

- ☐ Toss eggplant with 1 teaspoon salt in a colander set over a bowl, then let drain 30 minutes. Rinse eggplant, then drain, pressing gently on eggplant to extract any excess liquid. Pat dry.
- ☐ Whisk together vinegar, sugar, and remaining 1/4 teaspoon salt in a small bowl until sugar is dissolved. Stir in garlic and mint.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then fry eggplant, about 8 slices at a time, until cooked through and pale golden, about 1 minute per side.
- ☐ Transfer eggplant as fried to paper towels to drain, then transfer to a large shallow dish, overlapping slices slightly. Spoon some of vinegar mint mixture over each batch. Marinate eggplant, covered and chilled, at least 8 hours.
- ☐ Eggplant can be marinated up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:7.0504348640857%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 118.64kcal (5.93%), Fat: 7.57g (11.64%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 6.57g (2.39%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 733.64mg (31.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Manganese: 0.48mg (24.19%), Fiber: 5.57g (22.27%), Potassium: 432.09mg (12.35%), Folate: 43.86µg (10.96%), Vitamin E: 1.55mg (10.32%), Vitamin K: 10.3µg (9.81%), Copper: 0.16mg (8.05%), Vitamin B6: 0.16mg (7.97%), Magnesium: 29.27mg (7.32%), Vitamin C: 5.86mg (7.1%), Vitamin B3: 1.21mg (6.03%), Vitamin A: 278.14IU (5.56%), Vitamin B5: 0.5mg (5.01%), Vitamin B1: 0.07mg (4.83%), Phosphorus: 47.58mg (4.76%), Vitamin B2: 0.08mg (4.64%), Iron: 0.82mg (4.56%), Calcium: 31.99mg (3.2%), Zinc: 0.35mg (2.34%)