



Marinated Grilled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 1 tablespoon basil dried
- 1 large eggplant sliced into rounds
- 1 teaspoon garlic salt
- 2 tablespoons olive oil

Equipment

- grill

Directions

- Sprinkle garlic salt over both sides of eggplant slices; let sit for 30 minutes to release water.
- Place eggplant slices in a large dish; drizzle with fish sauce.
- Add basil, balsamic vinegar, and olive oil; stir to evenly coat. Marinate for about 15 minutes.
- Preheat grill for medium heat and lightly oil the grate.
- Remove eggplant from marinade and arrange on preheated grill; cook until tender, occasionally basting with marinade, about 5 minutes per side.

Nutrition Facts

PROTEIN 5.17% **FAT 58.95%** **CARBS 35.88%**

Properties

Glycemic Index:20, Glycemic Load:2.35, Inflammation Score:-3, Nutrition Score:5.9078260712002%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 106.86kcal (5.34%), Fat: 7.25g (11.15%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 6.11g (2.22%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 588.23mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 25.37µg (24.16%), Manganese: 0.39mg (19.3%), Fiber: 3.81g (15.25%), Vitamin E: 1.46mg (9.72%), Potassium: 306.55mg (8.76%), Iron: 1.32mg (7.33%), Folate: 28.29µg (7.07%), Magnesium: 25.07mg (6.27%), Copper: 0.12mg (5.92%), Vitamin B6: 0.11mg (5.48%), Vitamin B3: 0.79mg (3.96%), Calcium: 37.44mg (3.74%), Phosphorus: 33.25mg (3.32%), Vitamin B5: 0.33mg (3.3%), Vitamin B2: 0.05mg (3.2%), Vitamin C: 2.53mg (3.06%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.27mg (1.79%)