

Mediterranean Grilled Eggplant Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 large eggplant peeled sliced
- ☐ 2 tablespoons basil fresh chopped to taste
- ☐ 0.3 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin to taste
- ☐ 1.5 teaspoons oregano fresh chopped to taste
- ☐ 0.5 bell pepper red
- ☐ 2 slices onion red thick
- ☐ 8 servings sea salt and ground pepper black to taste

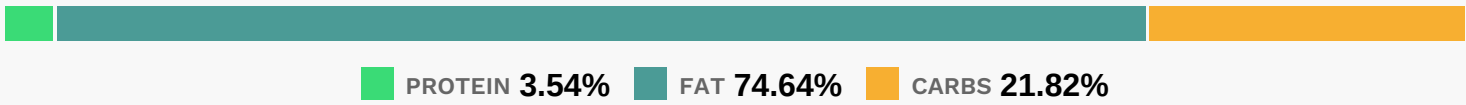
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Arrange red bell pepper, eggplant, and onion slices on on the preheated grill; cook until red pepper is charred and eggplant and onion are tender with grill marks, 5 to 7 minutes per side.
- ☐ Place red pepper in a paper bag and close tightly to 'sweat', about 10 minutes; peel the charred skin off the pepper.
- ☐ Blend red bell pepper, eggplant, onion, olive oil, basil, oregano, lemon juice, sea salt, and black pepper in a food processor until smooth and spreadable. Stir in feta cheese.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:3.8973912752193%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 78.88kcal (3.94%), Fat: 6.9g (10.62%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 2.41g (0.88%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 1.86mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 11.5mg (13.94%), Vitamin K: 11.02µg (10.49%), Manganese: 0.18mg (9.15%), Vitamin E: 1.34mg (8.91%), Fiber: 2.13g (8.51%), Vitamin A: 279.46IU (5.59%), Potassium: 160.47mg (4.58%), Folate: 18.11µg (4.53%), Vitamin B6: 0.08mg (3.97%), Copper: 0.05mg (2.74%), Magnesium:

10.82mg (2.7%), Vitamin B3: 0.47mg (2.36%), Iron: 0.37mg (2.07%), Vitamin B5: 0.2mg (1.96%), Vitamin B1: 0.03mg (1.94%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 17.76mg (1.78%), Calcium: 13.92mg (1.39%)