



## Melitzanosalata Agioritiki (Athenian Eggplant Salad)

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large eggplant washed
- 0.5 cup feta cheese crumbled
- 2 tablespoons parsley fresh chopped
- 2 tablespoons olive oil extra-virgin
- 1 small onion diced
- 4 servings salt to taste
- 1 tomatoes seeded chopped

2 tablespoons distilled vinegar white

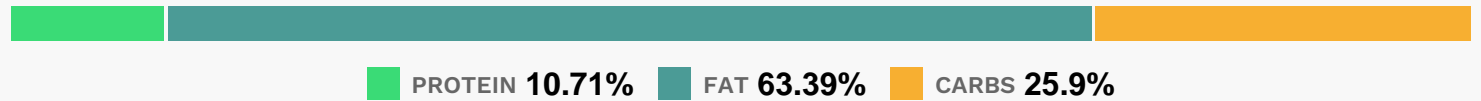
## Equipment

- knife
- mixing bowl
- grill

## Directions

- Preheat an outdoor grill for medium-high heat.
- Pierce the eggplant a few times with the tip of a paring knife or fork. Cook eggplant on preheated grill, turning often, until the skin is charred and the eggplant is tender, about 15 minutes. Set aside until cool enough to handle.
- Remove the skin from the eggplant and dice the pulp.
- Place into a mixing bowl, and add tomato, onion, parsley, olive oil, vinegar, and feta cheese; mix well. Refrigerate for one hour, and season to taste with salt before serving.

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:9.8486956306126%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 154.89kcal (7.74%), Fat: 11.33g (17.43%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.61g (6.24%), Cholesterol: 16.69mg (5.56%), Sodium: 413.49mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin K: 43.86µg (41.77%), Manganese: 0.34mg

(16.83%), Fiber: 4.17g (16.67%), Vitamin C: 10.69mg (12.95%), Vitamin B2: 0.21mg (12.54%), Calcium: 113.27mg (11.33%), Vitamin B6: 0.22mg (11.15%), Potassium: 383.61mg (10.96%), Vitamin A: 530.44IU (10.61%), Folate: 42.17µg (10.54%), Vitamin E: 1.57mg (10.47%), Phosphorus: 104.6mg (10.46%), Magnesium: 25.81mg (6.45%), Copper: 0.13mg (6.37%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.83mg (5.52%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.29µg (4.69%), Iron: 0.67mg (3.73%)