



Melitzanosalata (Greek Eggplant Salad)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large eggplant
- ☐ 4 servings olive oil extra virgin to taste
- ☐ 0.3 cup feta
- ☐ 1 handful parsley chopped ()
- ☐ 2 cloves garlic
- ☐ 0.5 juice of lemon (juice)
- ☐ 4 servings salt and pepper to taste

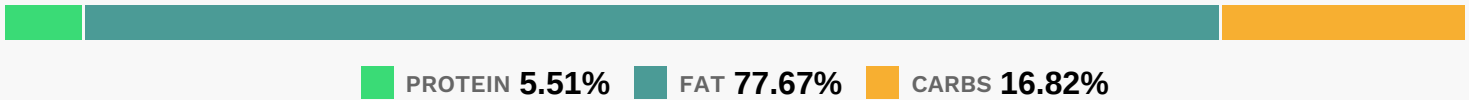
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Pierce the eggplant with a fork a few times and grill or broil it until it is charred on all sides.
- ☐ When the eggplant is cool enough to work with, cut it open and scoop out the inside.
- ☐ Blend the eggplant, garlic, feta and lemon juice in a food processor.
- ☐ Add olive oil to bring it to the desired consistency.
- ☐ Mix in the parsley and season to taste.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:6.9595652144888%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 180.65kcal (9.03%), Fat: 16.25g (24.99%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 4.4g (1.6%), Sugar: 4.16g (4.62%), Cholesterol: 8.34mg (2.78%), Sodium: 304.09mg (13.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin K: 29.03µg (27.65%), Vitamin E: 2.39mg (15.94%), Manganese: 0.3mg (14.79%), Fiber: 3.51g (14.04%), Potassium: 283.61mg (8.1%), Vitamin B6: 0.16mg (7.86%), Folate: 30.5µg (7.63%), Vitamin B2: 0.12mg (7.33%), Vitamin C: 5.77mg (6.99%), Phosphorus: 62.25mg (6.22%), Calcium: 61.1mg (6.11%), Copper: 0.1mg (5.12%), Magnesium: 18.92mg (4.73%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.43mg (4.3%), Vitamin B1: 0.06mg (4.26%), Zinc: 0.48mg (3.22%), Vitamin A: 150.5IU (3.01%), Selenium: 1.97µg (2.81%), Iron: 0.49mg (2.75%), Vitamin B12: 0.16µg (2.64%)