



 **61%**
HEALTH SCORE

Middle-Eastern Eggplant Rounds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- 12 ounces baby eggplants italian unpeeled cut into 8 rounds each
- 2 tablespoons flat-leaf parsley leaves fresh
- 4 grape tomatoes quartered
- 4 servings kosher salt
- 1 teaspoon lemon zest finely grated
- 1 tablespoon olive oil extra-virgin
- 0.5 cup roasted garlic hummus prepared

Equipment

frying pan

spatula

Directions

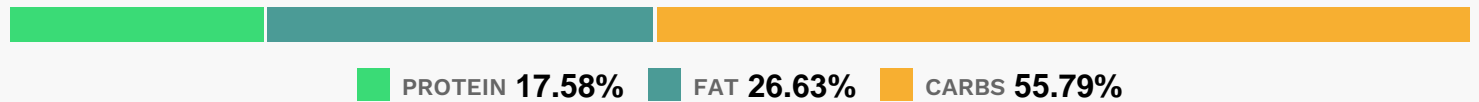
Heat a large nonstick skillet over medium-high heat and add the oil.

Add the eggplant rounds and season with 1/4 teaspoon salt. Cover and cook until brown on the bottoms, about 4 minutes. Reduce the heat to medium-low and, working quickly, flip each eggplant round and top with a dollop of hummus and a cherry tomato quarter, rounded-side down. Cover and cook until heated through and the bottoms are golden brown, about 7 minutes.

Transfer to a platter using a spatula.

Sprinkle with the parsley and lemon zest and serve.

Nutrition Facts



Properties

Glycemic Index:36.08, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:14.411739131679%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 129.17kcal (6.46%), Fat: 3.98g (6.12%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 13.21g (4.81%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 203mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Vitamin K: 57.63µg (54.89%), Vitamin C: 44.96mg (54.49%), Manganese: 0.66mg (32.8%), Fiber: 5.53g (22.11%), Vitamin A: 962.49IU (19.25%), Vitamin B6: 0.37mg (18.54%), Vitamin B1: 0.27mg (17.9%), Folate: 61.45µg (15.36%), Phosphorus: 123.16mg (12.32%), Copper: 0.21mg (10.71%), Vitamin B3: 2.03mg (10.13%), Iron: 1.73mg (9.64%), Potassium: 327.93mg (9.37%), Magnesium: 35.27mg (8.82%), Zinc: 1.3mg (8.69%), Vitamin B2: 0.14mg (8.03%), Calcium: 57.32mg (5.73%), Selenium: 3.95µg (5.64%), Vitamin E: 0.74mg (4.91%), Vitamin B5: 0.21mg (2.14%)