



WHATSheATE



Middle Eastern Eggplant Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound eggplant cut into (1-inch) cubes
- ☐ 3 garlic clove thinly sliced
- ☐ 1 Dash ground pepper red
- ☐ 0.3 cup olive oil
- ☐ 2 medium bell pepper red
- ☐ 0.5 teaspoon salt divided
- ☐ 1 medium tomatoes peeled seeded

- ☐ 3 tablespoons tomato paste
- ☐ 2 tablespoons water

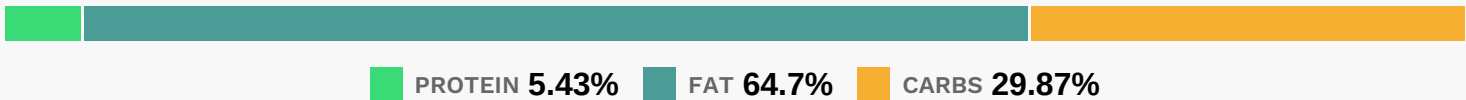
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and chop.
- ☐ Place tomato in a blender; process until smooth.
- ☐ Combine tomato puree, tomato paste, 2 tablespoons water, 1/4 teaspoon salt, ground red pepper, and garlic in a blender; process until smooth.
- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add eggplant; cook 30 minutes or until tender, stirring frequently. Stir in bell pepper and tomato mixture. Cook 5 minutes. Stir in remaining 1/4 teaspoon salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:3.07, Inflammation Score:-9, Nutrition Score:15.261739108873%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 14.02g (21.57%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 8.96g (3.26%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 392.73mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 86.22mg (104.5%), Vitamin A: 2339.46IU (46.79%), Vitamin E: 3.92mg (26.11%), Manganese: 0.46mg (22.79%), Fiber: 5.6g (22.39%), Vitamin K: 19.07µg (18.16%), Vitamin B6: 0.35mg (17.39%), Potassium: 591.17mg (16.89%), Folate: 58.49µg (14.62%), Vitamin B3: 1.89mg (9.45%), Copper: 0.17mg (8.69%), Magnesium: 32.33mg (8.08%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.1mg (6.64%), Phosphorus: 63.74mg (6.37%), Iron: 1.09mg (6.04%), Vitamin B5: 0.57mg (5.67%), Zinc: 0.49mg (3.25%), Calcium: 26.97mg (2.7%), Selenium: 1.36µg (1.95%)