

## Minted Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 medium eggplant trimmed cut lengthwise into 8 wedges (2 pounds total)
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 0.8 teaspoon salt

☐ 0.3 cup sherry vinegar

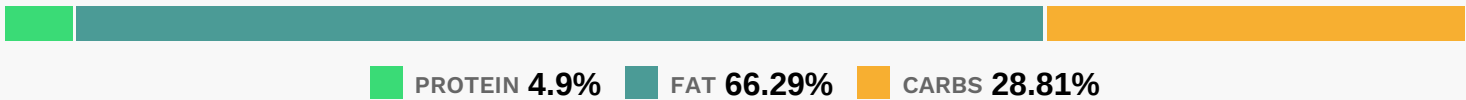
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ steamer basket

## Directions

- ☐ Bring 1 inch water and 2 tablespoons vinegar to a boil in a large pot (or a deep skillet with a lid). Arrange eggplant, skin sides down, in steamer basket and sprinkle with 1/2 teaspoon salt, then steam, covered, until tender, 15 to 20 minutes.
- ☐ Transfer basket to sink and let eggplant drain 5 minutes.
- ☐ Transfer eggplant to a deep platter.
- ☐ Whisk together garlic, oregano, pepper, remaining 1/4 teaspoon salt, and remaining 2 tablespoons vinegar in a small bowl, then add oil in a slow stream, whisking until combined.
- ☐ Pour dressing over eggplant while still warm and let marinate at room temperature, basting with dressing several times, 2 hours.
- ☐ Sprinkle with mint and parsley just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:4.9860869568327%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg  
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 92.92kcal (4.65%), Fat: 7.22g (11.11%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 7.07g (2.36%), Net  
Carbohydrates: 3.5g (1.27%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 148.87mg (6.47%), Alcohol: 0g  
(0%), Alcohol %: 0% (0%), Protein: 1.2g (2.4%), Vitamin K: 19.71µg (18.77%), Manganese: 0.29mg (14.51%), Fiber:  
3.57g (14.28%), Vitamin E: 1.37mg (9.15%), Potassium: 275.01mg (7.86%), Folate: 27.36µg (6.84%), Vitamin B6: 0.1mg  
(5.09%), Copper: 0.1mg (4.93%), Vitamin C: 3.78mg (4.58%), Magnesium: 17.56mg (4.39%), Vitamin B3: 0.77mg  
(3.86%), Vitamin B5: 0.33mg (3.3%), Vitamin B1: 0.05mg (3.11%), Phosphorus: 29.41mg (2.94%), Vitamin B2: 0.05mg  
(2.71%), Iron: 0.45mg (2.48%), Vitamin A: 119.45IU (2.39%), Calcium: 15.58mg (1.56%), Zinc: 0.21mg (1.38%)