



Moroccan Eggplant Salad



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 1 pound eggplant firm
- ☐ 2 tablespoons flat parsley divided chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 servings wholewheat pita breads toasted
- ☐ 0.3 cup onion red chopped
- ☐ 2 teaspoons red-wine vinegar
- ☐ 1 teaspoon sugar

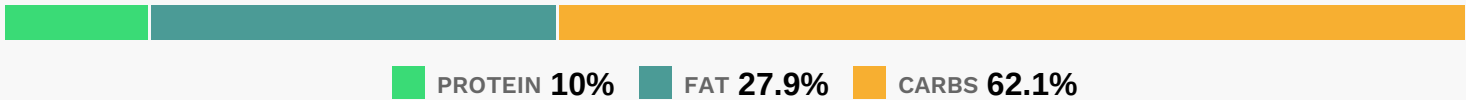
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Toast cumin in a dry 10-inch heavy skillet (preferably cast-iron) over medium heat, stirring occasionally, until fragrant and dark brown (be careful not to burn). Cool, then grind to a powder in grinder.
- ☐ Pan-roast whole eggplant in skillet over medium heat, turning frequently with tongs, until blackened and tender, 20 to 30 minutes.
- ☐ Transfer to a cutting board and cut off and discard stem. Scrape flesh from skin and coarsely chop. Toss with onion, vinegar, sugar, 1 tablespoon oil, 1 tablespoon parsley, 1/2 teaspoon toasted cumin, and 1/2 teaspoon salt.
- ☐ Serve in a shallow bowl drizzled with remaining tablespoon oil and sprinkled with remaining tablespoon parsley and toasted cumin.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:30.97, Inflammation Score:-5, Nutrition Score:9.5078260121138%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 255.15kcal (12.76%), Fat: 8.02g (12.33%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 35.22g (12.81%), Sugar: 5.45g (6.06%), Cholesterol: 0mg (0%), Sodium: 305.14mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.93%), Vitamin K: 41.05µg (39.1%), Manganese: 0.57mg (28.32%), Fiber: 4.92g (19.69%), Vitamin B1: 0.2mg (13.55%), Folate: 43.38µg (10.84%), Potassium: 362.57mg (10.36%), Vitamin B3: 2mg (9.98%), Copper: 0.2mg (9.87%), Vitamin E: 1.38mg (9.21%), Phosphorus: 88.29mg (8.83%), Iron: 1.57mg (8.74%), Magnesium: 34.37mg (8.59%), Vitamin C: 5.95mg (7.21%), Calcium: 68.31mg (6.83%), Vitamin B6: 0.13mg (6.51%), Vitamin B2: 0.1mg (6.04%), Vitamin B5: 0.56mg (5.61%), Zinc: 0.72mg (4.77%), Vitamin A: 201.11IU (4.02%)