



Moroccan Eggplant Salad with Preserved Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds eggplant unpeeled
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic crushed peeled
- 60 ml hendrick's gin
- 1 teaspoon ground cumin
- 1 juice of lemon
- 1 teaspoon paprika

- 1 slice simple preserved lemons
- 1 Dash pepper flakes hot
- 1 teaspoon mirin dry white

Equipment

- bowl
- oven
- baking pan

Directions

- Cut the eggplants into ½-inch cubes. Spray a large, long baking dish with olive oil, and add the eggplant. Spray the top of the eggplant lightly.
- Bake, stirring every 10 minutes, until eggplant is tender—about 30 minutes.
- Place the eggplant in a serving bowl and toss it with the lemon juice, garlic, cumin, paprika, pepper flakes and preserved lemon. Refrigerate until well-chilled—the longer the better. Just before serving, sprinkle with the parsley.

Nutrition Facts



PROTEIN 13.58% **FAT 7.27%** **CARBS 79.15%**

Properties

Glycemic Index:28.67, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:6.9317391592523%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 68.76kcal (3.44%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 5.56g (2.02%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 5.06mg (0.22%), Alcohol: 3.47g (100%), Alcohol %: 2.56% (100%), Protein: 1.78g (3.56%), Vitamin K: 27.5µg (26.19%), Manganese: 0.41mg (20.27%), Fiber: 4.8g (19.19%), Potassium: 381.1mg (10.89%), Vitamin C: 7.93mg (9.61%), Folate: 36.59µg (9.15%), Vitamin B6: 0.16mg (8.24%), Copper: 0.14mg (6.94%), Vitamin A: 317.58IU (6.35%), Magnesium: 24.49mg (6.12%), Vitamin B3: 1.07mg (5.35%), Vitamin B1: 0.07mg (4.62%), Vitamin B5: 0.46mg (4.57%), Phosphorus: 43.71mg (4.37%), Iron: 0.77mg (4.25%), Vitamin E: 0.58mg (3.88%), Vitamin B2: 0.07mg (3.88%), Calcium: 23.26mg (2.33%), Zinc: 0.32mg (2.11%), Selenium: 0.78µg (1.12%)