



Olive Oil-Braised Eggplant with Fresh Tomato and Pomegranate Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 sprigs garnish: dill flat-leaf parsley fresh
- ☐ 2 pound eggplants
- ☐ 3 tablespoons kosher salt divided
- ☐ 0.5 cup olive oil
- ☐ 8 servings tomato and pomegranate sauce fresh

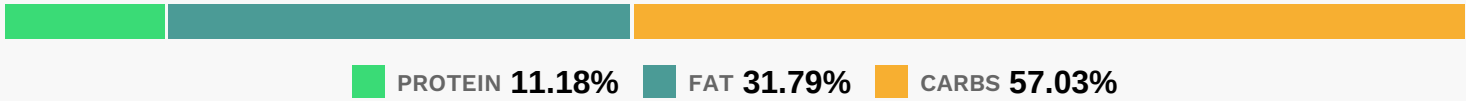
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ colander
- ☐ peeler

Directions

- ☐ Cut top and bottom off each eggplant. Peel each eggplant lengthwise with a vegetable peeler, leaving long purple stripes.
- ☐ Cut eggplants crosswise into 1-inch-thick slices.
- ☐ Line a large baking sheet with paper towels; sprinkle 1 tablespoon salt evenly over paper towels.
- ☐ Place eggplant slices on salt-covered paper towels.
- ☐ Sprinkle remaining 2 tablespoons salt over eggplant slices.
- ☐ Let stand 15 minutes.
- ☐ Remove eggplants to a colander, rinse well, and pat dry with paper towels.
- ☐ Place eggplants on a clean baking sheet, drizzle evenly with olive oil, and sprinkle with pepper.
- ☐ Bake at 425 for 20 minutes or until eggplant slices are very tender but still holding their shape.
- ☐ Serve with Fresh Tomato and Pomegranate Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:3.09, Inflammation Score:-6, Nutrition Score:8.8069566332776%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:

0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 81.82kcal (4.09%), Fat: 3.27g (5.04%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 7.96g (2.89%), Sugar: 8.37g (9.29%), Cholesterol: 0mg (0%), Sodium: 3199.22mg (139.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Fiber: 5.26g (21.04%), Manganese: 0.41mg (20.45%), Potassium: 625.6mg (17.87%), Vitamin E: 2.49mg (16.63%), Vitamin C: 11.24mg (13.62%), Copper: 0.24mg (11.79%), Vitamin A: 567.38IU (11.35%), Vitamin B6: 0.22mg (10.78%), Vitamin K: 11.18µg (10.64%), Vitamin B3: 1.95mg (9.76%), Folate: 36.17µg (9.04%), Magnesium: 34.49mg (8.62%), Iron: 1.49mg (8.27%), Vitamin B2: 0.12mg (7.17%), Vitamin B5: 0.7mg (6.99%), Phosphorus: 60.46mg (6.05%), Vitamin B1: 0.07mg (4.92%), Zinc: 0.46mg (3.07%), Calcium: 29.45mg (2.95%), Selenium: 1.09µg (1.55%)