

Pickled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



355 kcal

SIDE DISH

Ingredients

- 0.8 cup bell pepper red (1 medium pepper)
- 1 pound eggplant peeled
- 6 medium garlic clove minced
- 1 tablespoon kosher salt
- 1.3 cups olive oil extra virgin extra-virgin
- 1 tablespoon oregano dried
- 1 teaspoon pepper red
- 1 cup citrus champagne vinegar

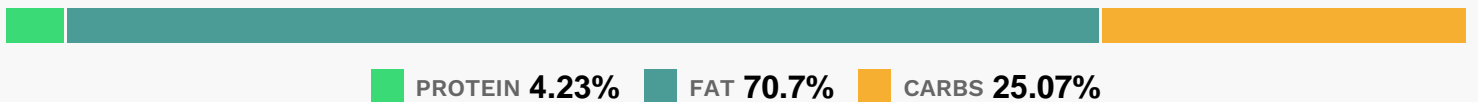
Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- sieve

Directions

- Combine eggplant and salt in a large bowl. Nest another bowl on top of the eggplant and weigh it down with a few canned goods (beans or tomatoes work well); set aside for 1 hour.
- Transfer eggplant to a fine mesh strainer and rinse off the salt under cold running water while tossing the eggplant with your hands. Press out any excess water, spread the eggplant in a single layer on a baking sheet, and pat dry with paper towels.
- Combine vinegar and red pepper flakes in a medium saucepan and bring to a boil over medium-high heat.
- Add eggplant and simmer for 2 minutes.
- Remove from heat and let eggplant stand in vinegar for 10 minutes.
- Add remaining ingredients and stir to combine.
- Transfer to a 1-quart container with a tightfitting lid.
- Let cool to room temperature, cover, and refrigerate at least 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:21.13695661918%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin:

0.5mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 355.47kcal (17.77%), Fat: 27.87g (42.88%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 12.65g (4.6%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 3523.65mg (153.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin C: 79.98mg (96.94%), Manganese: 0.94mg (47.25%), Vitamin A: 2141.44IU (42.83%), Vitamin E: 6.3mg (41.98%), Vitamin K: 43.68µg (41.6%), Fiber: 9.58g (38.31%), Vitamin B6: 0.51mg (25.59%), Potassium: 771.94mg (22.06%), Folate: 82.07µg (20.52%), Iron: 2.73mg (15.15%), Magnesium: 53.82mg (13.45%), Copper: 0.26mg (13.03%), Vitamin B3: 2.31mg (11.57%), Phosphorus: 98.99mg (9.9%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.14mg (9.57%), Calcium: 93.44mg (9.34%), Vitamin B5: 0.9mg (9%), Zinc: 0.76mg (5.08%), Selenium: 2.34µg (3.34%)