



Pita Chips with Eggplant Caviar

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- 2 fillet anchovy dry canned minced
- 0.3 teaspoon pepper black
- 1 tablespoon capers drained chopped
- 1 eggplant cut in half lengthwise (1 1/2 pounds)
- 2 tablespoons olive oil extravirgin
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh

- 8 servings parsley sprigs
- 4 6-inch pitas ()
- 0.3 teaspoon salt
- 2 tablespoons shallots minced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 350.
- To prepare pita chips, split pitas; cut each half into 8 wedges.
- Place wedges in a single layer on a baking sheet coated with cooking spray; coat wedges with cooking spray.
- Sprinkle with 1/4 teaspoon salt.
- Bake at 350 for 15 minutes or until lightly browned.
- Preheat broiler.
- To prepare caviar, place eggplant halves, cut sides up, on a baking sheet coated with cooking spray. Lightly coat eggplant with cooking spray, and broil 15 minutes or until tender.
- Remove from oven. Cool on pan for 10 minutes; peel. Coarsely chop pulp; place in a medium bowl.
- Add parsley and next 8 ingredients (through garlic), stirring until blended.
- Garnish with parsley sprigs; serve with pita chips and lemon wedges, if desired.

Nutrition Facts

 **PROTEIN 6.77%**  **FAT 58.88%**  **CARBS 34.35%**

Properties

Glycemic Index:35.38, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:7.0217391436353%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 52.52kcal (2.63%), Fat: 3.7g (5.69%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.36g (2.63%), Cholesterol: 0.21mg (0.07%), Sodium: 116.64mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin K: 86.52µg (82.4%), Vitamin C: 9.72mg (11.78%), Vitamin A: 436.55IU (8.73%), Manganese: 0.17mg (8.32%), Fiber: 2.04g (8.16%), Folate: 22.2µg (5.55%), Potassium: 175.76mg (5.02%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.07mg (3.43%), Copper: 0.06mg (3.2%), Magnesium: 12.1mg (3.03%), Iron: 0.54mg (3.01%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.03mg (2.1%), Phosphorus: 20.33mg (2.03%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.79%), Calcium: 15.65mg (1.56%), Zinc: 0.18mg (1.17%)