



## Poor Man's Caviar: Eggplant Spread

 Vegetarian  Vegan  Dairy Free

READY IN



27 min.

SERVINGS



10

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 grain baguette whole sliced
- 10 servings coarse salt and pepper black
- 1 medium eggplant firm
- 1 handful flat-leaf parsley tops
- 1 clove garlic
- 2 pinches ground allspice
- 10 servings drizzle olive oil extra-virgin

### Equipment

- food processor
- oven
- knife

## Directions

- Preheat oven to highest setting, at least 500 degrees F.
- Cut 2 or 3 slits into whole eggplant.
- Place eggplant directly on the oven rack in the middle of the oven and roast the eggplant until it is tender, about 20 minutes. Keep the slits facing up so that the eggplant does not lose liquids as it roasts.
- The roasted eggplant will look like a flat tire when you remove it from the oven. Using a sharp utility knife, carefully peel skin away from eggplant flesh.
- Add cooked eggplant flesh and juice to food processor and combine with garlic, allspice, salt, and pepper and parsley. Pulse grind the eggplant into a paste, add a drizzle of olive oil.
- Transfer to a serving dish. The seeds of the eggplant will make the spread resemble caviar eggs, and so the name: poor man's caviar.
- To serve, surround a bowlful of spread with crusty bread rounds.
- Mixed olives and selections of Italian sheep's milk cheeses are suggested accompaniments to this menu to round out your buffet. They require no recipe or preparation and add something to the offering overall.
- Place them on the buffet near the eggplant caviar and bread.

## Nutrition Facts

■ PROTEIN 1.43% ■ FAT 90.03% ■ CARBS 8.54%

## Properties

Glycemic Index:18.75, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:2.86913048184444%

## Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 136.6kcal (6.83%), Fat: 14.11g (21.7%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 196.02mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin K: 16.6µg (15.81%), Vitamin E: 2.16mg (14.38%), Manganese: 0.12mg (5.94%), Fiber: 1.44g (5.76%), Potassium: 110.69mg (3.16%), Folate: 10.89µg (2.72%), Vitamin B6: 0.04mg (2.15%), Vitamin C: 1.71mg (2.07%), Copper: 0.04mg (2%), Magnesium: 6.99mg (1.75%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.13mg (1.32%), Vitamin B1: 0.02mg (1.31%), Iron: 0.23mg (1.3%), Phosphorus: 12.01mg (1.2%), Vitamin B2: 0.02mg (1.07%)