



Quick Eggplant and Tomato Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced organic undrained canned
- ☐ 1 pound eggplant diced peeled
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 cup bell pepper red chopped (1)
- ☐ 2 cups onion red chopped (1 large)

☐ 1 cup bell pepper yellow chopped (1)

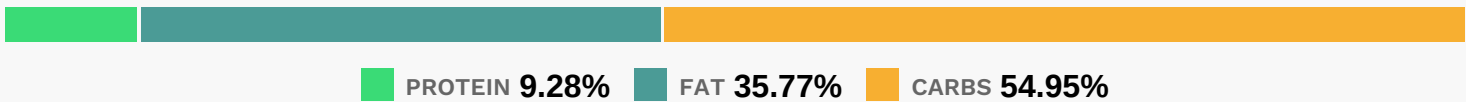
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large nonstick saucepan over medium-high heat.
- ☐ Add onion and bell peppers; saut for 3 minutes.
- ☐ Add garlic, and saut for 1 minute.
- ☐ Add the eggplant, salt, black pepper, and tomatoes; stir to combine. Cover, reduce heat, and simmer 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:6.9847826465316%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 59.24kcal (2.96%), Fat: 2.59g (3.99%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 6.32g (2.3%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 144.83mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 44.79mg (54.29%), Manganese: 0.23mg (11.62%), Fiber: 2.64g (10.57%), Vitamin A: 496.98IU (9.94%), Vitamin B6: 0.18mg (8.93%), Potassium: 281.54mg (8.04%), Vitamin E: 1.08mg (7.2%), Folate: 26.8µg (6.7%), Copper: 0.12mg (6.09%), Vitamin K: 5.4µg (5.15%), Vitamin B3: 0.93mg (4.66%), Magnesium: 18.06mg (4.51%), Vitamin B1: 0.06mg (4.26%), Iron: 0.73mg (4.05%), Phosphorus: 34.87mg (3.49%), Vitamin B2: 0.05mg (3.14%), Vitamin B5: 0.3mg (2.99%), Calcium: 24.77mg (2.48%), Zinc: 0.26mg (1.72%)