



Roasted aubergine with bulgur & zesty dressing



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 eggplant halved



6 tbsp olive oil



250 g bulgur



2 large onion finely sliced



1 tbsp ground cumin



400 g garbanzo beans rinsed drained canned



1 handful cilantro leaves chopped

- ☐ 1 garlic clove crushed
- ☐ 1 juice of lemon

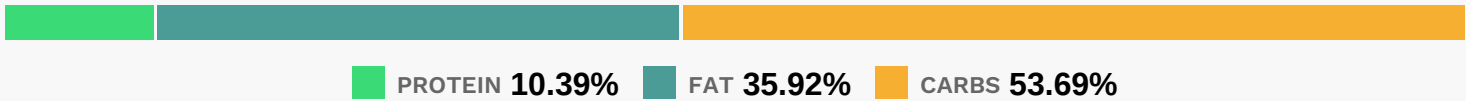
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Score a criss-cross pattern in the aubergine with the tip of a knife. Sit in a roasting tin, brush with 2 tbsp olive oil, season, then roast for 30 mins.
- ☐ Meanwhile, tip the bulgur into a pan with 1 litre of water. Bring to the boil, then simmer for 15 mins until soft. Cook the onions in 1 tbsp olive oil until golden and soft, add the cumin, then cook for 1 min more.
- ☐ Drain the bulgur and stir into the onions with the chickpeas. Season.
- ☐ Mix the remaining oil with the herbs, garlic, lemon zest, juice and seasoning. Pile a quarter of the bulgur mix on each plate, top with half an aubergine and drizzle over some dressing.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:24.2, Inflammation Score:-8, Nutrition Score:26.883043569067%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 583.26kcal (29.16%), Fat: 24.63g (37.89%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 82.85g (27.61%),
Net Carbohydrates: 58.64g (21.32%), Sugar: 11.76g (13.07%), Cholesterol: 0mg (0%), Sodium: 299.81mg (13.04%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Manganese: 3.42mg (170.94%), Fiber: 24.21g
(96.82%), Vitamin B6: 0.99mg (49.49%), Magnesium: 175.45mg (43.86%), Phosphorus: 353.92mg (35.39%),
Potassium: 1077.13mg (30.78%), Copper: 0.6mg (29.79%), Folate: 108.8µg (27.2%), Vitamin E: 3.85mg (25.67%),
Iron: 4.6mg (25.56%), Vitamin B3: 4.99mg (24.96%), Vitamin K: 25.34µg (24.13%), Vitamin B1: 0.31mg (20.95%),
Vitamin C: 14.21mg (17.22%), Vitamin B5: 1.71mg (17.08%), Zinc: 2.48mg (16.53%), Vitamin B2: 0.2mg (11.78%),
Calcium: 111.39mg (11.14%), Selenium: 4.7µg (6.72%), Vitamin A: 161.84IU (3.24%)