



Roasted Eggplant and Arugula Salad

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups bite-size pieces of arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 pound eggplant--peeled sliced
- ☐ 5 tablespoons olive oil
- ☐ 4 servings salt and pepper freshly ground

Equipment

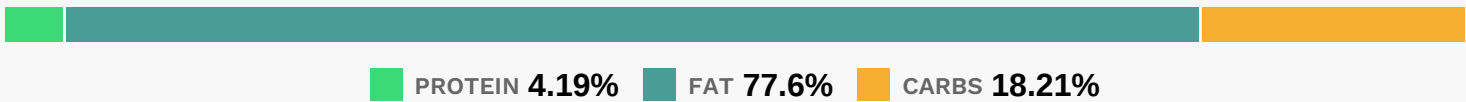
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 45
- ☐ Pour 2 tablespoons of the oil onto a baking sheet and dip each strip of eggplant into the oil to coat. Season the strips with salt and pepper. Roast the eggplant on the bottom shelf of the oven until tender and deep brown on the underside, about 25 minutes. Using a metal spatula, scrape up the eggplant and transfer to a plate. In a small bowl, combine the remaining 3 tablespoons olive oil with the balsamic vinegar, 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, toss the arugula with 3 tablespoons of the dressing.
- ☐ Transfer the salad to a platter and arrange the roasted eggplant on top.
- ☐ Drizzle the eggplant with the remaining 2 tablespoons of dressing and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:10.001304292161%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 200.09kcal (10%), Fat: 17.97g (27.64%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 5.45g (1.98%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 209.05mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin K: 58.1µg (55.34%), Vitamin E: 3.03mg (20.21%), Manganese: 0.4mg (20.12%), Vitamin A: 975.28IU (19.51%), Fiber: 4.04g (16.17%), Folate: 63.75µg (15.94%), Potassium: 416.46mg (11.9%), Vitamin C: 8.49mg (10.3%), Magnesium: 35.64mg (8.91%), Calcium: 76.66mg (7.67%), Copper: 0.12mg (6.22%), Vitamin B6: 0.12mg (6.22%), Iron: 1mg (5.57%), Phosphorus: 49.54mg (4.95%), Vitamin B5: 0.49mg (4.93%), Vitamin B2: 0.08mg (4.49%), Vitamin B3: 0.86mg (4.29%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.38mg (2.51%)