



Roasted Eggplant and Red Pepper Topping



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 servings accompaniment: crostini
- ☐ 0.8 lb eggplant unpeeled cut into 1/4-inch dice
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 0.8 teaspoon salt

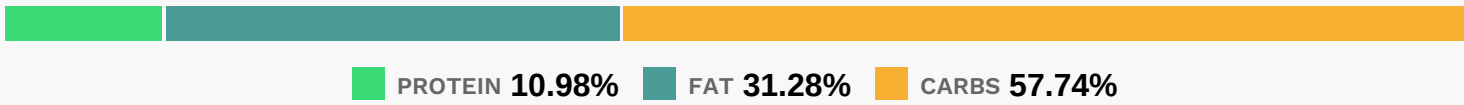
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 450°F.
- ☐ Toss vegetables with oil, salt, and pepper in a bowl, then spread in an oiled large shallow (1-inch-deep) baking pan. Roast vegetables in middle of oven, stirring occasionally, until tender, 25 to 30 minutes. Cool in pan on a rack, then coarsely mash with a potato masher and stir in basil.

Nutrition Facts



Properties

Glycemic Index:43.79, Glycemic Load:22.26, Inflammation Score:-7, Nutrition Score:12.239999936975%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 8.93g (13.74%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 33.29g (12.11%), Sugar: 6.62g (7.35%), Cholesterol: 0mg (0%), Sodium: 689.05mg (29.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin C: 28.11mg (34.07%), Vitamin B1: 0.41mg (27.6%), Manganese: 0.49mg (24.67%), Folate: 94.03µg (23.51%), Vitamin B3: 3.5mg (17.48%), Selenium: 11.3µg (16.14%), Fiber: 3.8g (15.22%), Vitamin B2: 0.25mg (14.64%), Iron: 2.53mg (14.07%), Vitamin A: 670.01IU (13.4%), Vitamin K: 12.07µg (11.49%), Vitamin E: 1.69mg (11.25%), Vitamin B6: 0.2mg (9.76%), Phosphorus: 85.39mg (8.54%), Potassium: 281.02mg (8.03%), Calcium: 79.71mg (7.97%), Magnesium: 29.37mg (7.34%), Copper: 0.14mg (6.89%),

Vitamin B5: 0.49mg (4.89%), Zinc: 0.68mg (4.56%)