



Roasted Eggplant (Aubergine) Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



11 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon caper rinsed
- ☐ 4 slices eggplants peeled (1/ slices)
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 1 garlic clove crushed
- ☐ 12 servings ground pepper fresh
- ☐ 0.3 cup roasted pepper red jarred rinsed drained chopped

Equipment

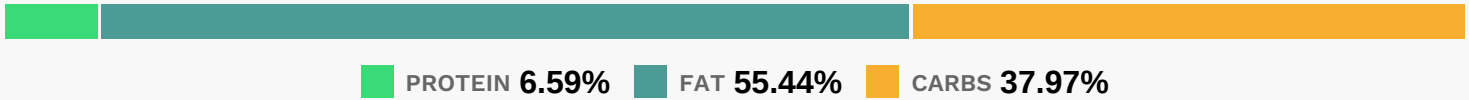
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F (220°C).
- 2 Arrange the eggplant in a single layer on a nonstick coated baking sheet.
- 3 Stir the olive oil and garlic together in a small bowl and lightly brush on both sides of the eggplant.
- 4 Roast eggplant slices until lightly browned, turning once, about 20 minutes per side. Cool slightly.
- 5 Coarsely chop the eggplant and combine with the red peppers and capers; add black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.74043477682964%

Flavonoids

Delphinidin: 12mg, Delphinidin: 12mg, Delphinidin: 12mg, Delphinidin: 12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 10.56kcal (0.53%), Fat: 0.71g (1.09%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 42.59mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.05mg (2.71%), Vitamin C: 1.75mg (2.12%), Fiber: 0.49g (1.95%), Potassium: 38.69mg (1.11%), Vitamin K: 1.08µg (1.03%), Vitamin B6: 0.02mg (1.02%)