



Roasted Eggplant Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons balsamic vinegar
- 1 teaspoon sesame oil dark
- 1.5 pound eggplant
- 1 tablespoon cilantro leaves fresh chopped
- 1 garlic clove
- 0.1 teaspoon ground pepper red
- 12 ounces bread italian toasted ()
- 0.1 teaspoon salt

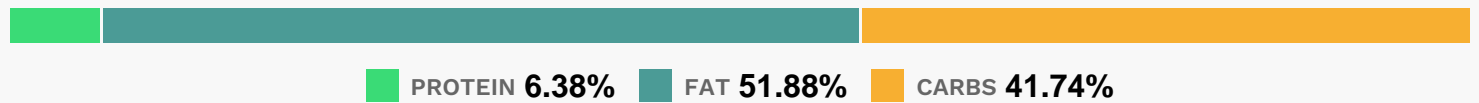
Equipment

- food processor
- bowl
- baking sheet
- aluminum foil

Directions

- Place eggplant on a foil-lined baking sheet. Broil 30 minutes or until blackened and charred, turning frequently; let cool slightly, and peel.
- Place peeled eggplant, cilantro, vinegar, oil, salt, pepper, and garlic in a food processor, and process until smooth. Spoon into a bowl; cover and chill 2 hours.
- Spread 1 tablespoon eggplant mixture on each bread slice.
- Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.5299999707419%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 89.64kcal (4.48%), Fat: 5.22g (8.04%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.1g (2.95%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 65.76mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Fiber: 1.35g (5.41%), Vitamin B3: 0.82mg (4.12%), Folate: 15.19µg (3.8%), Manganese: 0.07mg (3.54%), Potassium: 98.72mg (2.82%), Iron: 0.38mg (2.11%), Vitamin B1: 0.03mg (2.08%), Magnesium: 6.67mg (1.67%), Vitamin B2: 0.02mg (1.38%), Vitamin B6: 0.03mg (1.28%), Phosphorus: 12.66mg (1.27%), Copper: 0.02mg (1.2%), Vitamin K: 1.08µg (1.03%)