



Roasted-Eggplant Dip With Focaccia



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 teaspoon marjoram dried



1 pound eggplant



12.5 ounce flour italian cut in 12 wedges (flatbread)



2 tablespoons parsley fresh chopped



2 garlic cloves minced



2 tablespoons olive oil extra-virgin



1 cup onion finely chopped



0.1 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 cup tomatoes finely chopped

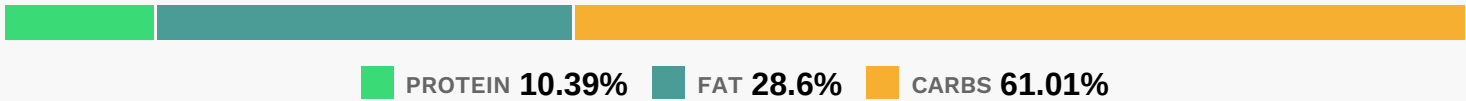
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place eggplant on a baking sheet; bake at 425 for 45 minutes or until tender. Cool. Peel; finely chop to measure 1 cup.
- ☐ Combine oil and next 5 ingredients (oil through garlic) in a medium bowl.
- ☐ Add eggplant, onion, tomato, and parsley; stir well. Cover and chill.
- ☐ Serve with focaccia.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:6.73, Inflammation Score:-3, Nutrition Score:2.9534783078277%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 4g (6.16%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.14g (6.23%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 270.5mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 14.76µg (14.06%), Fiber: 2.07g (8.26%), Manganese: 0.13mg (6.64%), Vitamin C: 4.58mg (5.55%), Potassium: 142.51mg (4.07%), Vitamin E: 0.52mg (3.5%), Folate: 13.76µg (3.44%), Vitamin A: 169.05IU (3.38%), Vitamin B6: 0.06mg (3.23%), Copper: 0.05mg (2.31%), Magnesium: 8.6mg (2.15%), Vitamin B1: 0.03mg (1.81%), Vitamin B3: 0.35mg (1.74%), Phosphorus: 17.32mg (1.73%), Vitamin B5: 0.14mg (1.4%), Iron: 0.23mg (1.27%), Vitamin B2: 0.02mg (1.25%)