



Roasted Eggplant, Red Pepper and Green Bean Pomegranate Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon cumin toasted (and ground)
- ☐ 2 large eggplants cut into bite sized pieces)
- ☐ 0.3 cup feta
- ☐ 1 handful mint leaves chopped ()
- ☐ 1 pound green beans (blanched)
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup pomegranate vinaigrette
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.3 cup onions diced red ()
- ☐ 2 roasted peppers red cut into bite sized pieces)
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup walnuts toasted ()

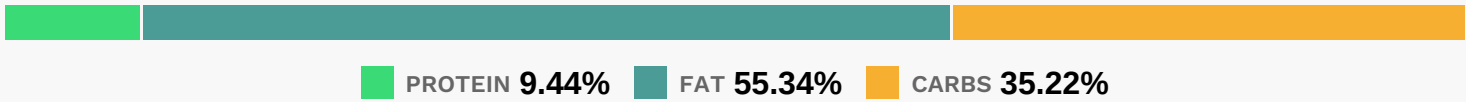
Equipment

- ☐ oven

Directions

- ☐ Salt the eggplant and let it sit for 20 minute, rinse and pat it dry.
- ☐ Toss the eggplant in the olive oil and season with the cumin, paprika, cinnamon, salt and pepper.
- ☐ Roast the eggplant in a preheated 400F oven until tender, about 30–40 minutes and set aside.
- ☐ Assemble the salad and toss to coat in the dressing.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:5.64, Inflammation Score:–9, Nutrition Score:21.35826086998%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg

0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 284.96kcal (14.25%), Fat: 19.06g (29.32%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 15.74g (5.72%), Sugar: 14.23g (15.81%), Cholesterol: 8.34mg (2.78%), Sodium: 761.11mg (33.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin K: 76.7µg (73.05%), Manganese: 1.15mg (57.6%), Fiber: 11.55g (46.2%), Vitamin C: 29.7mg (36.01%), Folate: 108.03µg (27.01%), Potassium: 885.84mg (25.31%), Vitamin B6: 0.49mg (24.6%), Vitamin A: 1142.07IU (22.84%), Copper: 0.44mg (21.78%), Magnesium: 80.33mg (20.08%), Vitamin B2: 0.31mg (18.42%), Vitamin E: 2.59mg (17.3%), Phosphorus: 168.16mg (16.82%), Vitamin B1: 0.24mg (16.07%), Iron: 2.48mg (13.79%), Calcium: 134.97mg (13.5%), Vitamin B3: 2.69mg (13.47%), Vitamin B5: 1.1mg (10.99%), Zinc: 1.26mg (8.4%), Selenium: 3.58µg (5.11%), Vitamin B12: 0.16µg (2.64%)