



Roasted Eggplant Salad

READY IN



45 min.

SERVINGS



5

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups whole-kernel corn frozen thawed
- ☐ 1.5 pounds eggplant peeled cut into 1-inch cubes
- ☐ 8 ounces mushroom caps fresh
- ☐ 0.5 cup green onions chopped
- ☐ 4 ounces havarti cheese diced reduced-fat
- ☐ 1 tablespoon juice of lemon
- ☐ 5 leaf lettuce leaves green
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons olive oil

- ☐ 5 8-inch pita bread rounds ()
- ☐ 1 cup bell pepper sweet red finely chopped
- ☐ 1 tablespoon sesame seed toasted
- ☐ 3 tablespoons citrus champagne vinegar

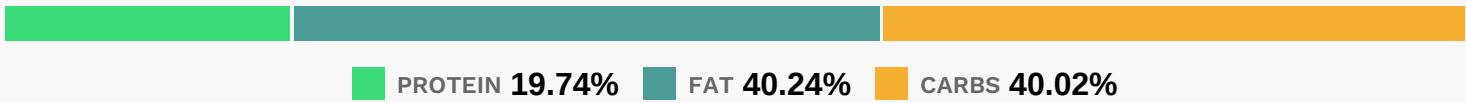
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Remove and discard mushroom stems.
- ☐ Place mushrooms, eggplant, and corn in a large roasting pan coated with cooking spray. Coat eggplant mixture with cooking spray; toss, and coat again with cooking spray.
- ☐ Bake at 450 for 20 minutes or until lightly browned, stirring occasionally.
- ☐ Let cool.
- ☐ Combine eggplant mixture, cheese, and next 3 ingredients in a large bowl; toss lightly.
- ☐ Combine vinegar and next 3 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Pour vinegar mixture over vegetable mixture; toss lightly.
- ☐ Cut each pita round into 8 wedges; place on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 5 minutes or until crisp.
- ☐ To serve, place lettuce on 5 plates. Top each with 1 1/2 cups vegetable mixture.
- ☐ Serve with toasted pita wedges.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:17.855652140534%

Flavonoids

Delphinidin: 116.61mg, Delphinidin: 116.61mg, Delphinidin: 116.61mg, Delphinidin: 116.61mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 199.32kcal (9.97%), Fat: 9.6g (14.77%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 14.25g (5.18%), Sugar: 9.32g (10.36%), Cholesterol: 19.96mg (6.65%), Sodium: 617.08mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.19%), Vitamin C: 45.09mg (54.65%), Manganese: 0.62mg (31.07%), Fiber: 7.22g (28.89%), Vitamin K: 29.15µg (27.76%), Vitamin A: 1336.71IU (26.73%), Phosphorus: 262.19mg (26.22%), Folate: 91.72µg (22.93%), Vitamin B6: 0.41mg (20.31%), Vitamin B2: 0.32mg (18.98%), Potassium: 660.36mg (18.87%), Calcium: 181.77mg (18.18%), Vitamin B3: 3.63mg (18.14%), Copper: 0.29mg (14.72%), Magnesium: 58.3mg (14.57%), Vitamin B5: 1.43mg (14.28%), Zinc: 2.05mg (13.67%), Vitamin E: 1.41mg (9.38%), Vitamin B1: 0.13mg (8.57%), Selenium: 5.86µg (8.38%), Iron: 1.36mg (7.55%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.24µg (1.61%)