



Roasted Eggplant Salad with Pita Chips and Yogurt Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cucumber diced peeled
- 3 large eggplant (3 pounds total)
- 2 tablespoon basil fresh finely julienned
- 0.3 cup chives fresh finely chopped
- 1 tablespoon mint leaves fresh chopped

- 4 cloves garlic chopped
- 2 bell pepper diced green cored seeded finely
- 1 jalapeno diced seeded
- 2 tablespoons juice of lemon fresh
- 6 tablespoon juice of lemon fresh
- 2 tablespoon parmesan grated reduced-fat
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 teaspoons olive oil
- 0.5 cup flat parsley italian finely chopped
- 4 wholewheat pita breads whole-wheat cut into 12 wedges
- 2 cups yogurt plain
- 2 tablespoon poppy seeds
- 2 roasted peppers diced red prepared
- 0.5 teaspoon salt
- 1 tablespoon sesame seed
- 2 tomatoes diced seeded
- 15 cherry tomatoes red yellow quartered

Equipment

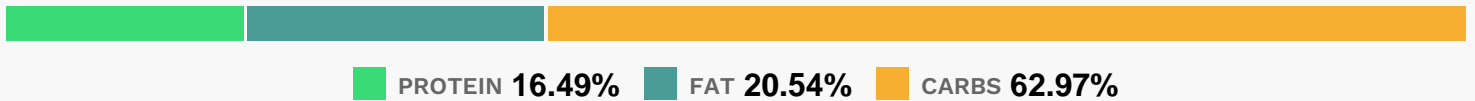
- bowl
- baking sheet
- oven
- sieve
- aluminum foil

Directions

- Heat oven to 450F. Line a baking sheet with foil. Poke holes in eggplants with a fork. Roast until they collapse, 35 to 40 minutes. Cool slightly.
- Cut open, scoop out flesh into a bowl and discard skins.

- Mix flesh with 4 tablespoon of the lemon juice.
- Let sit 10 minutes.
- Place flesh in a fine-mesh strainer; press gently with a large spoon, squeezing out moisture. Chop eggplant.
- Mix in peppers, tomatoes, garlic, parsley, chives, basil, oil and remaining 2 tablespoon lemon juice.
- Add salt and pepper. Set aside.
- Mix ingredients in a bowl. Set aside.
- Reduce heat to 350F. Coat 1 side of each pita wedge with cooking spray.
- Sprinkle each sprayed side with Parmesan, seeds and black pepper.
- Bake on foil until crisp, 6 to 7 minutes.
- Serve eggplant with pita chips and yogurt sauce on the side.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:16.71, Inflammation Score:-8, Nutrition Score:21.668695772391%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 227.84kcal (11.39%), Fat: 5.48g (8.42%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 29.83g (10.85%), Sugar: 13.79g (15.32%), Cholesterol: 2.33mg (0.77%), Sodium: 501.45mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Vitamin K: 80.67µg (76.83%), Vitamin C: 58.67mg (71.11%), Manganese: 0.9mg (45.16%), Fiber: 7.95g (31.82%), Potassium: 881.37mg (25.18%), Calcium: 244.99mg (24.5%), Phosphorus: 233.1mg (23.31%), Vitamin A: 1071.27IU (21.43%), Folate: 80.77µg (20.19%), Vitamin

B6: 0.38mg (18.86%), Copper: 0.38mg (18.8%), Magnesium: 70.92mg (17.73%), Vitamin B1: 0.26mg (17.04%),
Vitamin B2: 0.28mg (16.67%), Vitamin B3: 2.53mg (12.63%), Vitamin B5: 1.18mg (11.77%), Iron: 2.08mg (11.55%), Zinc:
1.66mg (11.07%), Vitamin E: 1.53mg (10.23%), Vitamin B12: 0.4µg (6.7%), Selenium: 4.04µg (5.77%)