



Roasted Eggplant Salad with Pita Chips and Yogurt Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber diced peeled
- ☐ 3 large eggplants (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 peppers diced green cored seeded finely
- ☐ 1 jalapeno diced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoon parmesan grated reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup parsley italian finely chopped
- ☐ 4 pitas whole-wheat cut into 12 wedges
- ☐ 2 cups nonfat 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

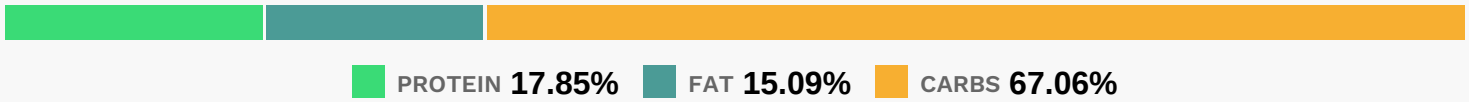
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. 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 350°F. 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.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:16.7, Inflammation Score:-8, Nutrition Score:21.196521397437%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg 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: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 3.7g (5.69%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 29.07g (10.57%), Sugar: 13.51g (15.01%), Cholesterol: 2.33mg (0.77%), Sodium: 501.29mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin K: 79.57µg (75.78%), Vitamin C: 54.32mg (65.84%), Manganese: 0.9mg (44.89%), Fiber: 7.91g (31.65%), Potassium: 869.35mg (24.84%), Calcium: 244.16mg (24.42%), Phosphorus: 232.16mg (23.22%), Vitamin A: 1070.42IU (21.41%), Folate: 78.51µg (19.63%), Copper: 0.37mg (18.69%), Vitamin B6: 0.37mg (18.6%), Magnesium: 70.19mg (17.55%), Vitamin B1: 0.25mg (16.86%), Vitamin B2:

0.28mg (16.56%), Vitamin B3: 2.52mg (12.58%), Vitamin B5: 1.16mg (11.62%), Iron: 2.06mg (11.43%), Zinc: 1.66mg (11.03%), Vitamin E: 1.27mg (8.44%), Vitamin B12: 0.4µg (6.7%), Selenium: 4.03µg (5.75%)