



Roasted Eggplant Salsa



Gluten Free



Dairy Free

READY IN



44 min.

SERVINGS



6

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 banana peppers fresh
- ☐ 14 ounces asian eggplants
- ☐ 1 tablespoon fish sauce
- ☐ 3 tablespoons cilantro leaves fresh divided
- ☐ 8 garlic cloves unpeeled
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 4 ounces shallots unpeeled

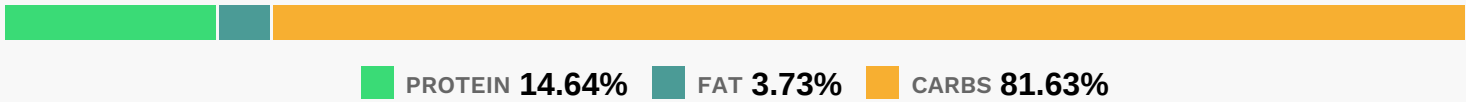
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Pierce the entire surface of eggplants with a fork, and place on a baking sheet.
- ☐ Bake at 400 for 22 minutes or until eggplants are very tender. Cool to room temperature.
- ☐ Heat a medium cast-iron skillet over medium-high heat.
- ☐ Add garlic, peppers, and shallots; cook for 15 minutes or until skins are blackened and shallots are tender, turning vegetables occasionally to blacken evenly. Cool 10 minutes.
- ☐ Halve eggplants lengthwise; scoop out pulp with a spoon. Discard skins; place eggplant pulp in a food processor. Peel shallots and garlic; discard skins.
- ☐ Add garlic pulp and shallots to eggplants. Stem and seed peppers; add to eggplant mixture.
- ☐ Add juice and fish sauce; pulse 10 times or until finely chopped. Stir in 2 tablespoons cilantro; sprinkle remaining cilantro over dish.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.72, Inflammation Score:-3, Nutrition Score:4.3882608407218%

Flavonoids

Delphinidin: 56.68mg, Delphinidin: 56.68mg, Delphinidin: 56.68mg, Delphinidin: 56.68mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 39.49kcal (1.97%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 6.22g (2.26%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 240.59mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Manganese: 0.29mg (14.45%), Vitamin C: 9.54mg (11.57%), Fiber: 2.86g (11.46%), Vitamin B6: 0.2mg (10.09%), Potassium: 257.52mg (7.36%), Folate: 24.58µg (6.14%), Magnesium: 20.68mg (5.17%), Copper: 0.09mg (4.49%), Phosphorus: 35.77mg (3.58%), Vitamin K: 3.65µg (3.48%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.29mg (2.87%), Iron: 0.5mg (2.78%), Calcium: 22.84mg (2.28%), Vitamin B2: 0.04mg (2.23%), Selenium: 1.29µg (1.84%), Vitamin E: 0.26mg (1.71%), Zinc: 0.25mg (1.67%)