



Roasted Eggplant Slices with Creamy Shrimp Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup so delicious dairy free coconut milk beverage
- ☐ 4 large eggplant thick
- ☐ 0.3 cup flake coconut
- ☐ 1 tsp ginger root fresh minced
- ☐ 1 Tbsp green onion minced
- ☐ 4 servings lemon zest
- ☐ 1 tsp lemongrass minced

- ☐ 1 Tbsp bell pepper red minced
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 cup shrimp cooked chopped
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 tsp thai curry paste green
- ☐ 0.5 cup vegetable broth

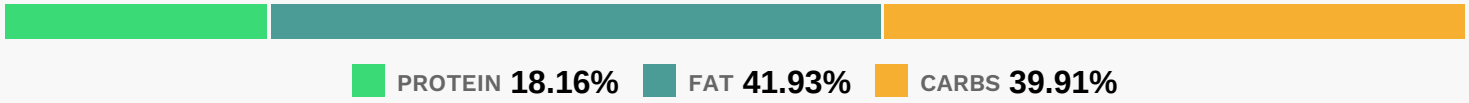
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Brush the eggplant with the oil.
- ☐ Bake in a preheated 400 degree oven for 15–20 minutes or till tender.While the eggplant is cooking place the coconut milk beverage, lemon grass, ginger root, almonds, coconut, broth and curry paste in a blender and blend till smooth.
- ☐ Transfer to a small saucepan. Bring to a boil and cook 10 minutes or till thickened and reduced to about 1 cup. Stir in the onion, bell pepper and shrimp.Plate each eggplant slice, spoon the shrimp sauce over top and garnish with the zest and cilantro.

Nutrition Facts



Properties

Glycemic Index:49.35, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:25.150434722071%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol:

0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 314.37kcal (15.72%), Fat: 15.88g (24.42%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 17.33g (6.3%), Sugar: 19.08g (21.2%), Cholesterol: 47.61mg (15.87%), Sodium: 193.89mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Manganese: 1.55mg (77.29%), Fiber: 16.67g (66.69%), Vitamin E: 6.44mg (42.91%), Potassium: 1351.13mg (38.6%), Copper: 0.74mg (37.21%), Folate: 128.36µg (32.09%), Magnesium: 116.68mg (29.17%), Vitamin B6: 0.57mg (28.28%), Vitamin B3: 5.47mg (27.37%), Vitamin B2: 0.45mg (26.47%), Phosphorus: 250.69mg (25.07%), Vitamin C: 18mg (21.82%), Vitamin K: 19.74µg (18.8%), Calcium: 183.07mg (18.31%), Vitamin B1: 0.25mg (16.57%), Vitamin B5: 1.4mg (14.03%), Iron: 2.25mg (12.48%), Zinc: 1.82mg (12.12%), Vitamin A: 586.22IU (11.72%), Vitamin B12: 0.64µg (10.62%), Selenium: 4.29µg (6.12%), Vitamin D: 0.71µg (4.72%)