



## Roasted Eggplant Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 medium eggplant
- 2 garlic cloves minced
- 1.5 teaspoons kosher salt
- 3 tablespoons olive oil good
- 2 bell peppers red seeded
- 1 onion red peeled
- 1 tablespoon tomato paste

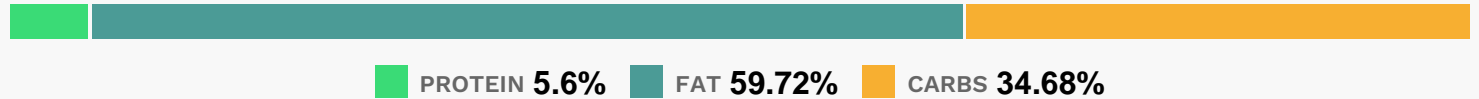
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 400 degrees F.
- Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, salt, and pepper.
- Spread them on a baking sheet. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking.
- Cool slightly.
- Place the vegetables in a food processor fitted with a steel blade, add the tomato paste, and pulse 3 or 4 times to blend. Taste for salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:6.8943478102269%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

## Nutrients (% of daily need)

Calories: 77.03kcal (3.85%), Fat: 5.47g (8.42%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.45g (1.62%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 454.97mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin C: 41.03mg (49.73%), Vitamin A: 976.17IU (19.52%),

Manganese: 0.22mg (10.98%), Fiber: 2.71g (10.82%), Vitamin E: 1.49mg (9.92%), Vitamin B6: 0.17mg (8.26%), Folate: 29.18µg (7.29%), Potassium: 239.04mg (6.83%), Vitamin K: 7.12µg (6.78%), Vitamin B3: 0.75mg (3.73%), Magnesium: 14.21mg (3.55%), Copper: 0.07mg (3.42%), Vitamin B2: 0.05mg (3.19%), Vitamin B1: 0.05mg (3.17%), Phosphorus: 28.47mg (2.85%), Vitamin B5: 0.28mg (2.81%), Iron: 0.41mg (2.26%), Zinc: 0.21mg (1.42%), Calcium: 13.35mg (1.34%)