



WHATSheATE



Roasted Eggplant Spread



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



32

CALORIES



9 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound eggplant peeled cut into 1/2-inch-thick slices
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1 tablespoon tahini sesame-seed paste

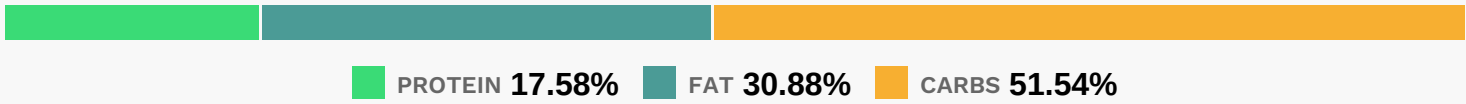
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Place eggplant slices on a baking sheet coated with cooking spray. Coat both sides of eggplant with cooking spray, and sprinkle evenly with 1/4 teaspoon salt.
- ☐ Bake at 400 for 20 minutes or until browned, turning once.
- ☐ Place cooked slices on a cutting board, and let stand until cool.
- ☐ Finely dice eggplant, and place in a medium bowl. Stir in remaining 1/4 teaspoon salt, yogurt, and remaining ingredients.
- ☐ Serve immediately, or cover and chill until ready to serve. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.73782608236956%

Flavonoids

Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.95kcal (0.45%), Fat: 0.33g (0.52%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.78g (0.87%), Cholesterol: 0.23mg (0.08%), Sodium: 41.13mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Fiber: 0.45g (1.8%), Manganese: 0.03mg (1.74%), Phosphorus: 12.79mg (1.28%), Potassium: 44.36mg (1.27%), Folate: 4.07µg (1.02%)