



Roasted Eggplant with Pomegranate, Pickled Chiles, and Pecans



Vegetarian



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 2 cups watercress
- ☐ 2 pounds eggplant
- ☐ 2 garlic clove minced
- ☐ 20 slices jalapeno thin
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 0.3 cup pecans crushed toasted
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.3 cup yogurt plain
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons tahini (roasted sesame seed paste)
- ☐ 0.3 cup water
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ grill

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to a boil.
- ☐ Remove from heat, and add jalapeo; let stand 15 minutes.
- ☐ Drain.
- ☐ Preheat grill to medium-high heat.
- ☐ Place whole eggplants on grill rack; grill 15 minutes or until charred on all sides and tender when pierced with a thin knife, turning frequently.
- ☐ Remove from heat; gently scrape off charred skin, if desired. Cool eggplants slightly; halve lengthwise. Lightly score flesh.
- ☐ Combine yogurt, tahini, 1/4 teaspoon salt, and garlic, stirring well.
- ☐ Drizzle 4 teaspoons oil and lemon juice over eggplant flesh; top with yogurt mixture.
- ☐ Combine arugula, remaining 2 teaspoons olive oil, and remaining 1/4 teaspoon salt in a medium bowl; toss gently. Top each eggplant half with about 1/2 cup arugula, 5 jalapeo slices, 1 tablespoon pomegranate arils, and 1 tablespoon pecans.

Nutrition Facts



Properties

Glycemic Index:67.77, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:42.908695490464%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 194.79mg, Delphinidin: 194.79mg, Delphinidin: 194.79mg, Delphinidin: 194.79mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 6.04mg, Luteolin: 6.04mg, Luteolin: 6.04mg, Luteolin: 6.04mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 28.04mg, Quercetin: 28.04mg, Quercetin: 28.04mg, Quercetin: 28.04mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 338.91kcal (16.95%), Fat: 15.04g (23.14%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 29.35g (10.67%), Sugar: 31.48g (34.98%), Cholesterol: 0.31mg (0.1%), Sodium: 331.04mg (14.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin C: 548.87mg (665.29%), Vitamin K: 139.86µg (133.2%), Vitamin E: 18.12mg (120.81%), Vitamin A: 5452.13IU (109.04%), Vitamin B6: 2.15mg (107.51%), Fiber: 20.65g (82.6%), Manganese: 1.33mg (66.43%), Potassium: 1806.13mg (51.6%), Folate: 183.01µg (45.75%), Vitamin B3: 7.54mg (37.71%), Magnesium: 118.1mg (29.53%), Vitamin B2: 0.47mg (27.88%), Copper: 0.55mg (27.29%), Vitamin B1: 0.38mg (25.48%), Phosphorus: 249.94mg (24.99%), Vitamin B5: 2.31mg (23.1%), Calcium: 138.64mg (13.86%), Iron: 2.13mg (11.83%), Zinc: 1.62mg (10.78%), Selenium: 4.56µg (6.51%), Vitamin B12: 0.09µg (1.56%)