



Roasted Eggplant with Tomato Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



35

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil thinly sliced
- ☐ 2 eggplants
- ☐ 1 garlic clove minced
- ☐ 3 large long green
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 35 servings pepper freshly ground
- ☐ 1 pound plum tomatoes
- ☐ 35 servings salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ broiler
- ☐ peeler

Directions

- ☐ Preheat the oven to 45
- ☐ Set the eggplants on a large rimmed baking sheet and pierce all over. Roast the eggplants for 45 minutes, until very soft.
- ☐ Meanwhile, peel the tomatoes with a vegetable peeler. Working over a coarse sieve set over a bowl, cut the flesh from the tomatoes and transfer to a shallow bowl. Allow the seeds, core and juices to fall into the sieve. Crush the tomato cores and press the juice through the sieve.
- ☐ Add the juice to the bowl with the tomato flesh; discard the seeds and cores. Season the tomato with 1/2 teaspoon of salt and let stand until more juices are released, about 25 minutes.
- ☐ Roast the peppers directly over a gas flame or under the broiler, turning, until charred all over.
- ☐ Transfer the peppers to a bowl and let cool. Peel, core, seed and coarsely chop the peppers.
- ☐ Cut the tomato sections into small dice. Return them to the bowl and stir in the chopped peppers, garlic, vinegar, sugar and the 1/4 cup plus 1 tablespoon of olive oil. Season with pepper.
- ☐ Peel the eggplants, leaving the stem attached.
- ☐ Cut down the center of each eggplant and discard any large seed sacs; lightly drizzle with olive oil. Season well with salt. Spoon the tomato dressing over the eggplants.
- ☐ Sprinkle with the basil and serve.

Nutrition Facts



 **PROTEIN 7.24%**  **FAT 52.41%**  **CARBS 40.35%**

Properties

Glycemic Index:8, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.555652188866%

Flavonoids

Delphinidin: 22.43mg, Delphinidin: 22.43mg, Delphinidin: 22.43mg, Delphinidin: 22.43mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 26.03kcal (1.3%), Fat: 1.64g (2.53%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.64g (0.6%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 195.49mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 13.7mg (16.61%), Manganese: 0.11mg (5.44%), Fiber: 1.21g (4.83%), Vitamin K: 4.55µg (4.33%), Vitamin A: 172.57IU (3.45%), Potassium: 117.48mg (3.36%), Vitamin B6: 0.07mg (3.27%), Vitamin E: 0.42mg (2.83%), Folate: 9.2µg (2.3%), Copper: 0.04mg (2.02%), Magnesium: 6.78mg (1.7%), Vitamin B3: 0.32mg (1.59%), Vitamin B1: 0.02mg (1.56%), Phosphorus: 12.59mg (1.26%), Vitamin B5: 0.1mg (1.01%)