



Rosemary-infused Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 pound japanese eggplants
- 1 tablespoon rosemary fresh coarsely chopped
- 2 garlic cloves minced
- 0.3 cup olive oil
- 1 teaspoon salt

Equipment

- baking sheet
- paper towels

oven

Directions

- Cut eggplant crosswise into 1/4-inch-thick slices; sprinkle cut sides with salt.
- Place in a single layer on paper towels; let stand 30 minutes. Rinse eggplant with water, and pat dry.
- Place eggplant in a single layer on a baking sheet.
- Combine olive oil, garlic, and rosemary. Set aside.
- Broil eggplant 4 inches from heat (with electric oven door partially open) 3 minutes on each side or until lightly browned.
- Toss hot eggplant slices with oil mixture.
- Let stand 1 hour.
- Serve on toasted baguette slices.
- Note: To toast baguette slices, place bread slices in a single layer on baking sheets.
- Bake at 350 for 3 to 4 minutes on each side or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:1.9256521709587%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 60.23kcal (3.01%), Fat: 5.5g (8.46%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 233.72mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin E: 0.91mg (6.09%), Manganese: 0.12mg (5.89%), Fiber: 1.4g (5.61%), Vitamin K: 4.85µg (4.62%), Potassium: 107.72mg (3.08%), Folate: 10.22µg (2.55%), Vitamin B6:

0.05mg (2.31%), Copper: 0.04mg (1.97%), Magnesium: 6.69mg (1.67%), Vitamin B3: 0.3mg (1.5%), Vitamin C: 1.23mg (1.49%), Vitamin B5: 0.13mg (1.33%), Vitamin B1: 0.02mg (1.26%), Phosphorus: 11.94mg (1.19%), Vitamin B2: 0.02mg (1.04%)