



## Sage-Grilled Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



31 kcal

SIDE DISH

### Ingredients

- 1 large eggplant unpeeled
- 0.3 teaspoon pepper
- 0.3 cup sage butter
- 1.5 teaspoons salt

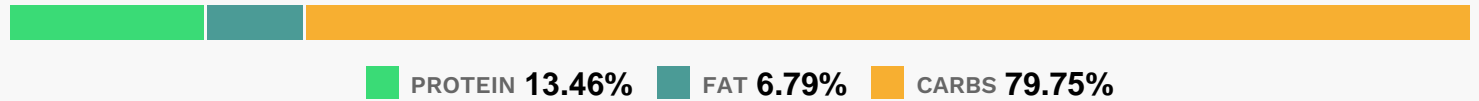
### Equipment

- paper towels
- sauce pan
- grill

## Directions

- Cut eggplant crosswise into 1/2-inch slices; sprinkle cut sides with salt.
- Place in a single layer on paper towels; let stand 1 hour.
- Rinse eggplant with water, and pat dry. Arrange in a single layer in a lightly greased grill basket.
- Melt Sage Butter in a small saucepan over low heat; stir in pepper.
- Brush on eggplant.
- Cook, covered with grill lid, over medium-hot coals (350 to 40
- to 15 minutes or until lightly browned, turning and brushing with melted butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:8.1960869794307%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 30.51kcal (1.53%), Fat: 0.26g (0.41%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 3.45g (1.26%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 874.42mg (38.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Copper: 3.38mg (168.75%), Manganese: 0.39mg (19.58%), Fiber: 3.54g (14.18%), Potassium: 268.66mg (7.68%), Folate: 25.21µg (6.3%), Vitamin B6: 0.1mg (4.83%), Magnesium: 18.11mg (4.53%), Vitamin K: 4.21µg (4.01%), Vitamin B3: 0.74mg (3.72%), Vitamin B5: 0.32mg (3.23%), Vitamin B1: 0.05mg (3.2%), Vitamin C: 2.52mg (3.05%), Phosphorus: 28.08mg (2.81%), Vitamin B2: 0.04mg (2.58%), Vitamin E: 0.34mg (2.3%), Iron: 0.4mg (2.24%), Calcium: 18.49mg (1.85%), Zinc: 0.21mg (1.38%)