



Sesame-Eggplant Salsa



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili-garlic sauce
- ☐ 0.8 cup plus 1 tablespoon cilantro fresh packed finely chopped ()
- ☐ 2 pound eggplants
- ☐ 2.5 tablespoons ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 0.8 cup plus 1 tablespoon green onions packed minced ()
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1.5 teaspoons oriental sesame oil
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 4 servings parmesan pita crisps
- ☐ 2 large plum tomatoes seeded chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons soya sauce

Equipment

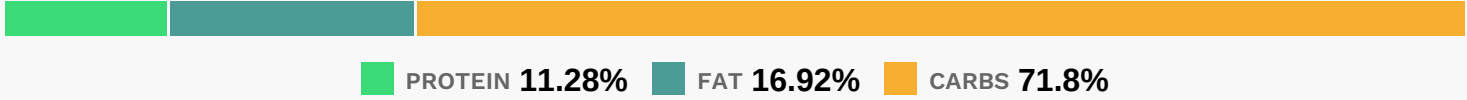
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 425°F. Pierce eggplants all over with fork.
- ☐ Place on baking sheet. Roast in oven until eggplants are very soft and deflated, turning once, about 1 hour. Cool slightly.
- ☐ Cut eggplants in half; scrape flesh into strainer set over large bowl (do not allow bottom of strainer to touch bowl).
- ☐ Let eggplant drain 30 minutes.
- ☐ Transfer eggplant to processor. Using on/off turns, process until almost smooth.
- ☐ Heat vegetable oil in heavy large skillet over medium-high heat.
- ☐ Add 3/4 cup green onions, ginger, garlic and chili-garlic sauce; sauté just until onions soften, about 45 seconds. Stir in brown sugar, soy sauce, vinegar and lemon juice. Bring to simmer, stirring constantly.
- ☐ Mix in eggplant puree and cook until heated through, about 2 minutes.
- ☐ Remove from heat. Stir in tomatoes, 3/4 cup cilantro and sesame oil. Cool to room temperature. Season with salt and pepper.

- ☐
- Transfer to medium bowl. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.)
- ☐
- Garnish eggplant salsa with 1 tablespoon each green onions and cilantro.
- ☐
- Serve with Parmesan Pita Crisps.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:32.08, Inflammation Score:-8, Nutrition Score:16.713912953501%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg 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: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 316.58kcal (15.83%), Fat: 6.16g (9.47%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 49.52g (18.01%), Sugar: 18.55g (20.61%), Cholesterol: 0mg (0%), Sodium: 878.48mg (38.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Vitamin K: 65.01µg (61.92%), Manganese: 0.99mg (49.35%), Fiber: 9.26g (37.04%), Potassium: 791.3mg (22.61%), Folate: 84.63µg (21.16%), Vitamin C: 15.69mg (19.02%), Vitamin B1: 0.27mg (18.32%), Copper: 0.35mg (17.71%), Vitamin B3: 3.41mg (17.04%), Vitamin B6: 0.32mg (15.86%), Magnesium: 61.48mg (15.37%), Phosphorus: 143.07mg (14.31%), Vitamin A: 700.19IU (14%), Iron: 2.08mg (11.55%), Vitamin B2: 0.18mg (10.75%), Calcium: 102.97mg (10.3%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 1.34mg (8.95%), Zinc: 1.07mg (7.11%), Selenium: 1.48µg (2.11%)