



WHATSheATE



Smoked aubergine purée



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 medium eggplant
- ☐ 1 juice of lemon
- ☐ 2 garlic clove crushed
- ☐ 150 ml yogurt thick
- ☐ 1 small bunch optional: dill chopped

Equipment

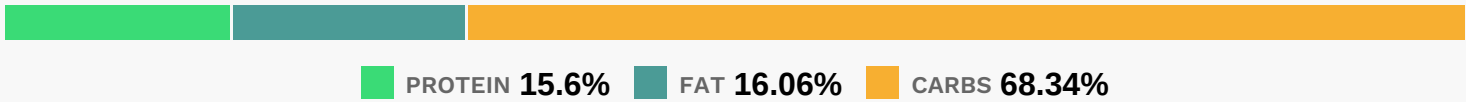
- ☐ bowl
- ☐ knife

☐ grill

Directions

- ☐ Heat grill to very hot. Slice the aubergines in half lengthways, then grill for 25 mins, turning occasionally, until soft the skin will remain firm, but the flesh will soften. Lift the aubergines off the grill and leave until cool enough to handle.
- ☐ Using a sharp knife, score the grilled flesh and scoop out the flesh with a spoon. Tip into a bowl and mash with a fork until you get a thick pulp. Beat in the lemon juice and garlic.
- ☐ Add the yogurt and dill, and season.
- ☐ Serve while still warm.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.46, Inflammation Score:-5, Nutrition Score:8.8352173722309%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 84.93kcal (4.25%), Fat: 1.7g (2.62%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 9.38g (3.41%), Sugar: 10.1g (11.22%), Cholesterol: 5.05mg (1.68%), Sodium: 22.93mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.56mg (28.1%), Fiber: 6.93g (27.72%), Potassium: 600.19mg (17.15%), Folate: 55.02µg (13.75%), Vitamin B6: 0.23mg (11.36%), Vitamin C: 8.82mg (10.69%), Copper: 0.19mg (9.75%), Phosphorus: 94.91mg (9.49%), Magnesium: 37.68mg (9.42%), Vitamin B2: 0.14mg (8.43%), Vitamin B5: 0.81mg (8.14%), Vitamin K: 8.12µg (7.73%), Vitamin B3: 1.54mg (7.68%), Calcium: 71.28mg (7.13%), Vitamin B1: 0.11mg (7.03%), Vitamin E: 0.72mg (4.82%), Zinc: 0.62mg (4.13%), Iron: 0.59mg (3.3%), Selenium: 1.76µg (2.52%), Vitamin B12: 0.14µg (2.39%), Vitamin A: 111IU (2.22%)