



Smoky Eggplant and Yogurt Salad

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 bunch cilantro leaves finely chopped
- ☐ 1 medium eggplant cubed
- ☐ 1 bunch green onions chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon paprika
- ☐ 1.5 cups yogurt plain
- ☐ 4 servings salt to taste

☐ 0.5 cup water

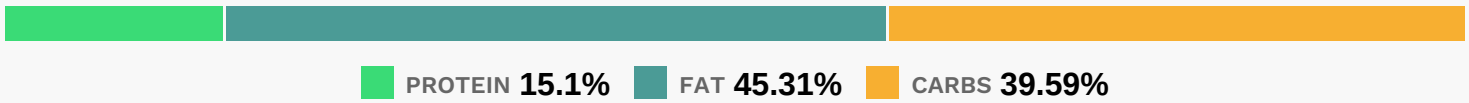
Equipment

- ☐ bowl
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ In a pot over medium heat, add the eggplant and water; cook until tender and the water evaporates. Mash the eggplant so no large chunks remain. Allow to cool completely.
- ☐ In a large bowl, add the yogurt, mashed eggplant, green onions, cilantro, pepper and salt; mix well.
- ☐ To smoke the salad, heat one piece charcoal over open flame until gray and reddish in color.
- ☐ Place a small square of aluminum foil in the eggplant salad (make room in the center for the foil).
- ☐ Place the hot charcoal on the piece of foil in the bowl.
- ☐ Add the margarine on top of the charcoal and cover salad bowl immediately. Allow to smoke for 10 minutes; remove charcoal.
- ☐ Chill the salad in the refrigerator and garnish with fresh chopped cilantro and sprinkle of paprika.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:7.9191303823305%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 113.59kcal (5.68%), Fat: 6.06g (9.32%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 8.12g (2.95%), Sugar: 8.49g (9.43%), Cholesterol: 11.94mg (3.98%), Sodium: 274.43mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin K: 20.63µg (19.65%), Manganese: 0.35mg (17.47%), Fiber: 3.79g (15.16%), Calcium: 131.02mg (13.1%), Potassium: 437.39mg (12.5%), Phosphorus: 119.45mg (11.94%), Vitamin B2: 0.18mg (10.76%), Folate: 36.26µg (9.07%), Vitamin A: 434.09IU (8.68%), Magnesium: 30mg (7.5%), Vitamin B5: 0.7mg (7.02%), Vitamin B6: 0.14mg (6.76%), Copper: 0.12mg (6.03%), Vitamin B12: 0.34µg (5.72%), Vitamin C: 4.38mg (5.31%), Zinc: 0.77mg (5.12%), Vitamin B1: 0.08mg (5.1%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.61mg (4.04%), Selenium: 2.44µg (3.49%), Iron: 0.49mg (2.74%)