



Smoky Eggplant Raita

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp cayenne
- 2 tablespoons cilantro leaves plus more for garnish chopped
- 0.5 tsp cumin seeds
- 1 large garlic clove minced
- 1 pound baby eggplant italian
- 0.5 tsp kosher salt
- 1 tablespoon olive oil extra-virgin
- 0.3 large onion red thinly sliced

- 1 cup whole-milk yogurt plain
- 0.3 teaspoon sugar

Equipment

- bowl
- frying pan
- knife
- grill
- mortar and pestle

Directions

- Heat grill to high (450 to 550 degrees Fahrenheit) with an area left clear or turned off for indirect heat. Pierce eggplant in several places with a knife. Grill eggplant over indirect heat, covered, until very tender, 20 to 30 minutes.
- Let stand until cool enough to touch; meanwhile, continue with recipe.
- Toast about 1/2 tsp. cumin in a small, dry frying pan over medium heat until fragrant and beginning to darken, 2 to 3 minutes. Pound fine with a mortar and pestle.
- Warm oil in pan over medium heat. Saut onion 3 minutes.
- Add garlic, then saut until both are softened, about 2 minutes more.
- Let cool slightly.
- Slit eggplant lengthwise and scrape flesh from skin. Chop flesh coarsely and set aside.
- Combine yogurt, onion mixture, cilantro, and sugar in a bowl.
- Add eggplant and stir gently. Season to taste with salt, cumin, and cayenne.
- Garnish with a little more cilantro.
- Make ahead: Through step 4 up to 1 hour; hold at room temperature.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:7.0491304138432%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 99.63kcal (4.98%), Fat: 3.89g (5.99%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 9.08g (3.3%), Sugar: 9.27g (10.3%), Cholesterol: 1.23mg (0.41%), Sodium: 341.14mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Manganese: 0.3mg (14.95%), Fiber: 3.58g (14.33%), Calcium: 137.91mg (13.79%), Phosphorus: 128.09mg (12.81%), Potassium: 435.88mg (12.45%), Vitamin B2: 0.19mg (11.16%), Folate: 33.84µg (8.46%), Vitamin B6: 0.15mg (7.4%), Magnesium: 29.49mg (7.37%), Vitamin B5: 0.73mg (7.25%), Vitamin K: 6.92µg (6.59%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.88mg (5.84%), Copper: 0.11mg (5.46%), Zinc: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.35%), Vitamin C: 3.91mg (4.73%), Vitamin B3: 0.84mg (4.22%), Selenium: 2.71µg (3.87%), Iron: 0.55mg (3.04%), Vitamin A: 70.81IU (1.42%)