



Yogurt and Sumac Sauce



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings eggplant
- ☐ 1 small garlic clove finely chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin plus more for serving
- ☐ 1 cup greek yogurt plain
- ☐ 0.5 teaspoon sumac powder plus more for serving

Equipment

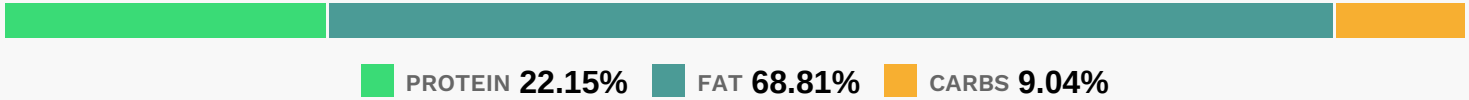
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk garlic, yogurt, 2 tablespoons oil, and 1/2 teaspoon sumac in a medium bowl; season with salt.
- ☐ Spoon sauce onto a platter.
- ☐ Place eggplants on top. Season with salt, drizzle with oil, and sprinkle with sumac.
- ☐ DO AHEAD: Yogurt and Sumac Sauce can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.5739130502486%

Flavonoids

Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.75kcal (4.69%), Fat: 7.19g (11.06%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.68g (1.86%), Cholesterol: 2.5mg (0.83%), Sodium: 212.08mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin B2: 0.14mg (8.33%), Selenium: 5.06µg (7.23%), Phosphorus: 69.39mg (6.94%), Vitamin E: 1.02mg (6.78%), Vitamin B12: 0.35µg (5.83%), Calcium: 57.14mg (5.71%), Vitamin K: 4.26µg (4.06%), Potassium: 75.91mg (2.17%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.17mg (1.73%), Magnesium: 5.83mg (1.46%)