



Zee's Eggplant Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggplant
- 3 tablespoons mint leaves fresh chopped
- 1.5 teaspoons garlic minced
- 2 tablespoons spring onion chopped
- 2 teaspoons jalapeno fresh minced seeded
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup parsley minced

- 4 wholewheat pita breads cut into triangles (6 in. wide)
- 8 servings salt and pepper
- 1 cup tomatoes diced

Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Preheat oven to 50
- Pierce each eggplant in one place with a knife. Set in a rimmed pan and bake until very soft when pressed, 20 to 25 minutes. Slit eggplants open and let cool.
- Scoop out flesh, finely chop, and put in a bowl; discard peels. Stir mint, green onion, lemon juice, olive oil, chile, and garlic into eggplant. Season with salt and pepper to taste.
- Spread mixture on a platter.
- Scatter tomatoes and parsley over eggplant.
- Serve with pita bread.

Nutrition Facts



PROTEIN 10.81% **FAT 24.83%** **CARBS 64.36%**

Properties

Glycemic Index:36.38, Glycemic Load:15.82, Inflammation Score:-6, Nutrition Score:8.7356522135113%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:

0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 144.41kcal (7.22%), Fat: 4.13g (6.36%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 19.5g (7.09%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 349.2mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin K: 41.68µg (39.7%), Manganese: 0.46mg (23.03%), Fiber: 4.58g (18.33%), Vitamin C: 11.55mg (14%), Potassium: 374.44mg (10.7%), Folate: 41.76µg (10.44%), Vitamin A: 447.79IU (8.96%), Vitamin B1: 0.13mg (8.85%), Copper: 0.16mg (8.2%), Vitamin B3: 1.54mg (7.71%), Magnesium: 28.65mg (7.16%), Vitamin B6: 0.14mg (6.98%), Vitamin E: 1.02mg (6.81%), Phosphorus: 63.61mg (6.36%), Iron: 0.98mg (5.42%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.48mg (4.77%), Calcium: 46.02mg (4.6%), Zinc: 0.51mg (3.38%)