

# Italian Pickled Eggplant

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-preserved-eggplant-recipe>

## Ingredients:

- 1 pound eggplant
- coarse salt
- 1 cup water
- 1 1/2 cups white wine vinegar
- 2 cloves garlic
- 5 fresh bay leaves
- 2 sprigs rosemary
- 2 dried chiles
- olive oil

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 8 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Italian Pickled Eggplant above. You can see more 15 italian preserved eggplant recipe Discover culinary perfection! to get more great cooking ideas.