

# Israeli Style Eggplant (twice Cooked)

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 eggplant medium, washed and cut into 1/2 round slices
- 2 tablespoons kosher salt
- 1 cup onion chopped
- 1 cup red bell pepper chopped
- 1 tablespoon ground coriander
- 1 teaspoon paprika
- 1/4 cup sherry vinegar
- 1/2 cup fresh parsley, chopped
- 1 tablespoon lemon juice fresh

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 24 grams
3. Fiber: 10 grams
4. Protein: 4 grams
5. Sodium: 3600 milligrams
6. Sugar: 9 grams

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