

Italian Eggplant Salad

Yield: 12 min
Total Time: 225 min

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

Ingredients:

- 6 eggplants
- 1 clove garlic crushed
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoons white sugar
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon dried basil
- pepper
- salt

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 19 grams
3. Fat: 3.5 grams
4. Fiber: 9 grams
5. Protein: 3 grams
6. Sodium: 70 milligrams
7. Sugar: 8 grams

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