

Turkish Eggplant Salad

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 6 eggplants medium size
- 1 cup cherry tomatoes diced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon pistachios
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1 teaspoon vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon sumac
- 1 clove garlic mashed

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Fat: 10 grams
4. Fiber: 17 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 410 milligrams
8. Sugar: 12 grams

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