

Oven-Roasted Eggplants with Garlic and Capers

Cuisine: **French**
Food category: **Vegetables**





Author: **Chloé Lasseron**
Company: **Retigo**

Program steps

Preheating: 220 °C

1

 Hot air

 100 %

 Termination by time

 00:20 hh:mm

 218 °C

 100 %



Ingredients - number of portions - 4		
Name	Value	Unit
aubergine	400	g
olive oil	50	g
capers	20	g
garlic cloves, finely chopped	2	g
parsley	5	pcs

Nutrition and allergens

Allergens:

Minerals: 48 mg, Ca, CA, Calcium: 77 mg, Co, Cr, Cu, F, Fe, I, Iron: 1, K, Magnesium: 28 mg, Mg, Mn, Na, P, Se, Sodium: 2579 mg, Zn

Vitamins: 1 µg, 2 mg, A, B, C, D, E, K, Kyselina listová, Vitamin A: 2 µg, Vitamin C: 1, Vitamin K: 2

Nutritional value of one portion	Value
Energy	131.7 kJ
Carbohydrate	4.8 g
Fat	11.6 g
Protein	1.3 g
Water	4.3 g

Directions

Slice the eggplant into rounds and place in a GN container.

Season with salt, pepper, and olive oil.

Place in the oven.

After the first cooking, turn the eggplant rounds and add the capers.

Chop the garlic and parsley.

Upon removing from the oven, garnish the eggplants with the garlic and parsley.