



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Spiced Peppers and Eggplant ♦♦

Spiced Peppers and Eggplant is a delicious vegetarian dish that combines the flavors of roasted peppers and eggplant with a blend of spices. It can be enjoyed as a main course or as a side dish. The dish originated in the Mediterranean region and is popular in various cuisines.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Red Bell Peppers
250 g	eggplant
2 tbsp	olive oil
2 cloves	garlic

1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
0.5 tsp	Black pepper

## Directions

---

### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Cutting

Cut the bell peppers and eggplant into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 3

Mixing

In a large bowl, toss the peppers and eggplant with olive oil, garlic, cumin, paprika, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Baking

Spread the mixture evenly on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

---

## Step 5

Oven

Roast in the preheated oven for 25 minutes, or until the peppers and eggplant are tender and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

---

## Step 6

Serving

Serve hot as a side dish or as a main course with rice or bread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 7 g

**Protein:** 2 g

**Carbohydrates:** 13 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Cuisines

Italian Mediterranean Spanish American

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers

Salads

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)