

The Best Ever Marinated Eggplant

Hands-on 20 minutes Overall 24 hours



Nutritional values (per serving, 3 slices): Total carbs: 5 g, Fiber: 2.5 g, **Net carbs: 2.4 g,**

Protein: 0.8 g, Fat: 10.4 g, Calories: 112 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)

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Ingredients (makes 8 servings, about 24 slices)

2 small eggplants (about 600 g/ 1.3 lb)

2 tbsp [extra virgin olive oil](#) (30 ml)

2 tsp dried Italian herbs such as oregano, thyme and basil

1 tsp sea salt

3-4 small dried chillis or 1-2 tsp chilli flakes, to taste

1/2 cup [extra virgin olive oil](#) (120 ml/ 4 fl oz)

1/3 cup white wine vinegar or apple cider (80 ml/ 2.7 fl oz)

Nutrition facts are estimated as most of the marinating ingredients

(olive oil and vinegar) won't be consumed.

Instructions

1. Slice the eggplant lengthways into 1/2 cm (1/4 inch) strips (each of the eggplants should yield about 12 slices). Preheat a barbecue or griddle pan to medium-high. Use the 2 tablespoons of olive oil to brush the eggplant on both sides.
2. Cook on both sides until browned, about 1-2 minutes per side.
3. Add the salt, vinegar and olive oil to a small jug and mix well until the salt is dissolved.
4. Arrange the eggplants, dried chillies and herbs in a jar, and pour over the vinegar mixture.
5. Allow to marinate in the fridge at least one day before eating.
6. Lasts up to two weeks in a sealed jar in the fridge. Note that the olive oil may harden in the fridge — bring to room temperature before consuming.

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