



Eggplant Recipes! (Paperback)

By Laura Sommers

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Eggplant Recipes! There are many great reasons to eat eggplants! They are a great, meaty tasting vegetable that fills you up so you feel satisfied after your meal. They are a terrific source of dietary fiber which helps you feel full and eat less so that you can eat less! Fiber is also important for the proper functioning of the digestive system and helps fight against coronary heart disease. Eggplant is low in calories, with just 35 per cup. Because of the high fiber and low soluble carbohydrate content of the eggplants, it is great for reducing glucose levels and controlling and managing diabetes. The skin of the eggplant contain certain essential phyto nutrients such as nasunin and chlorogenic acid which improve blood circulation and help with the brain. Eggplants are high in bioflavonoids, which may help control high blood pressure and relieve stress. Eggplant is a very good source of vitamin B1, vitamin B6 and copper, manganese, niacin, potassium, folate and vitamin K. So why not eat some eggplant to help you get heathy! This book has 50 eggplant recipes to...



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