



HEALTH SCORE

91%

Aubergine rolls with spinach & ricotta



Very Healthy



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



347 kcal

Ingredients

- ☐ 2 aubergines cut into thin slices lengthways
- ☐ 2 tbsp olive oil
- ☐ 500 g pkt spinach
- ☐ 250 g ricotta
- ☐ 4 servings grating of nutmeg
- ☐ 350 g tomato sauce
- ☐ 4 tbsp breadcrumb fresh
- ☐ 4 tbsp parmesan (or vegetarian alternative)

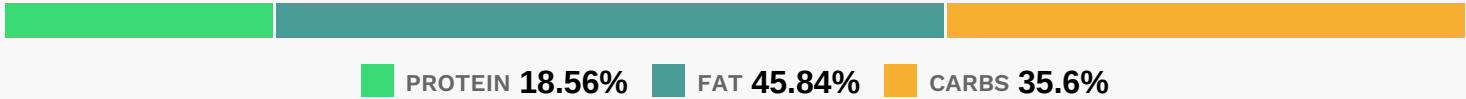
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Brush both sides of the aubergine slices with oil, then lay on a large baking sheet.
- ☐ Bake for 15–20 mins until tender, turning once.
- ☐ Meanwhile, put the spinach in a large colander and pour over a kettle of boiling water to wilt. Cool, then squeeze out the excess water, so that it is dry.
- ☐ Mix with the ricotta, nutmeg and plenty of seasoning.
- ☐ Dollop a spoonful of the cheesy spinach mix in the centre of each aubergine slice, fold over to make a parcel and lay, sealed-side down, in an ovenproof dish.
- ☐ Pour over tomato sauce, sprinkle with breadcrumbs and cheese, and bake for 20–25 mins until golden and piping hot.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:5.01, Inflammation Score:-10, Nutrition Score:38.340000152588%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 347.23kcal (17.36%), Fat: 18.82g (28.96%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 21.1g (7.67%), Sugar: 13.12g (14.58%), Cholesterol: 35.28mg (11.76%), Sodium: 724.34mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.29%), Vitamin K: 619.86µg (590.34%), Vitamin A: 12472.01IU (249.44%), Manganese: 1.9mg (95.04%), Folate: 320.83µg (80.21%), Vitamin C: 46.35mg

(56.18%), Fiber: 11.8g (47.19%), Potassium: 1578.68mg (45.11%), Magnesium: 160.97mg (40.24%), Vitamin E: 5.58mg (37.2%), Calcium: 367.23mg (36.72%), Vitamin B2: 0.56mg (32.81%), Iron: 5.62mg (31.2%), Phosphorus: 294.05mg (29.4%), Vitamin B6: 0.57mg (28.43%), Copper: 0.51mg (25.47%), Selenium: 15.2µg (21.72%), Vitamin B1: 0.32mg (21.43%), Vitamin B3: 4.03mg (20.13%), Zinc: 2.27mg (15.15%), Vitamin B5: 1.21mg (12.06%), Vitamin B12: 0.31µg (5.13%)