



Aunt Mary's Eggplant Balls

READY IN



75 min.

SERVINGS



18

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup breadcrumbs dried
- 4 cups eggplant with peel cubed
- 2 eggs beaten
- 1 cup parsley fresh chopped
- 3 cloves garlic minced
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 1 tablespoon water

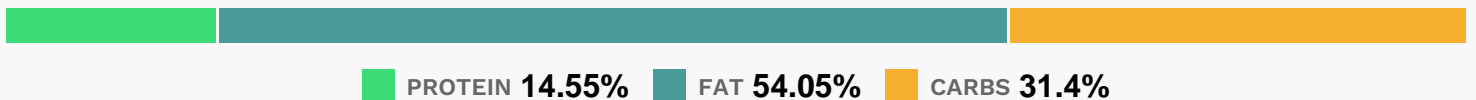
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wooden spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Heat a medium skillet over medium heat.
- Pour in olive oil and saute garlic just until lightly browned.
- Mix in eggplant and water. Reduce heat to low and cover skillet. Allow eggplant to steam until soft, about 20 minutes.
- Place eggplant in a large bowl and allow to cool slightly.
- Mix cheese, parsley, eggs, and bread crumbs into eggplant. Stir with a wooden spoon or your hands until ingredients are thoroughly combined and mixture can be rolled into balls.
- Add more bread crumbs as needed to make mixture workable. Refrigerate mixture for 15 minutes, then roll into balls or form into patties.
- Place eggplant balls on prepared baking sheet.
- Bake in preheated oven for 30 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:5.4004348257314%

Flavonoids

Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 63.59kcal (3.18%), Fat: 3.88g (5.96%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.98g (1.08%), Cholesterol: 20.6mg (6.87%), Sodium: 90.9mg (3.95%), Alcohol: 0g (100%), Protein: 2.35g (4.7%), Vitamin K: 57.08µg (54.36%), Vitamin A: 335.46IU (6.71%), Vitamin C: 4.99mg (6.05%), Selenium: 3.74µg (5.34%), Manganese: 0.1mg (5.05%), Calcium: 42.72mg (4.27%), Phosphorus: 41.79mg (4.18%), Folate: 16.37µg (4.09%), Vitamin B1: 0.06mg (3.81%), Vitamin B2: 0.06mg (3.57%), Fiber: 0.87g (3.48%), Iron: 0.59mg (3.25%), Vitamin E: 0.49mg (3.23%), Potassium: 82.9mg (2.37%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.84mg (1.96%), Copper: 0.04mg (1.87%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.1µg (1.61%)