



Baked Aubergines in Chocolate

 Gluten Free

READY IN



205 min.

SERVINGS



6

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 finger aubergines washed
- ☐ 5 tablespoons brandy
- ☐ 115 grams best-quality cooking chocolate chopped 70 percent cocoa solids
- ☐ 200 grams best-quality cooking chocolate finely chopped 70 percent cocoa solids
- ☐ 500 ml double cream
- ☐ 115 grams candied fruits roughly chopped
- ☐ 6 servings raspberries fresh
- ☐ 225 grams ricotta cheese

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons sugar

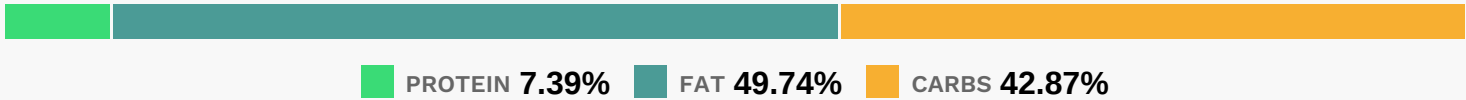
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Fill a saucepan with boiling water and place a bamboo steamer over it.
- ☐ Place the aubergines in a single layer in the steamer, put a lid on, and steam for about 5 minutes until softened.
- ☐ Remove from the heat and allow to cool.
- ☐ To prepare the chocolate sauce, simmer the brandy on a high heat, pour in the cream and turn off the heat. Once the cream is tepid, add the chocolate and sugar and stir in until it is all melted.
- ☐ Prepare the filling by mixing the ricotta with the candied fruits. Sweeten with the sugar and mix in the chocolate.
- ☐ Run a knife along each aubergine to create a pocket (do not cut all the way through), then open out and fill with the ricotta. Fill each aubergine and arrange in a serving dish with the stalks sticking out.
- ☐ Whisk the chocolate sauce, pour over the aubergines (not covering the stalks), and chill in the refrigerator for 3 hours.
- ☐ To serve, spoon onto a plate and serve with fresh raspberries.
- ☐ (c) Jamie Oliver 2003

Nutrition Facts



Properties

Glycemic Index:53.9, Glycemic Load:26.93, Inflammation Score:-10, Nutrition Score:39.42652140493%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 785.71mg, Delphinidin: 785.71mg, Delphinidin: 785.71mg, Delphinidin: 785.71mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 947.25kcal (47.36%), Fat: 55.17g (84.88%), Saturated Fat: 33.26g (207.87%), Carbohydrates: 107.01g (35.67%), Net Carbohydrates: 72.43g (26.34%), Sugar: 74.7g (83%), Cholesterol: 113.85mg (37.95%), Sodium: 82.62mg (3.59%), Alcohol: 4.18g (100%), Alcohol %: 0.44% (100%), Caffeine: 34.65mg (11.55%), Protein: 18.44g (36.87%), Manganese: 2.8mg (139.87%), Fiber: 34.57g (138.3%), Potassium: 2476.97mg (70.77%), Copper: 1.13mg (56.6%), Folate: 223.93µg (55.98%), Magnesium: 211.72mg (52.93%), Vitamin C: 36.8mg (44.6%), Vitamin B6: 0.87mg (43.68%), Vitamin B2: 0.73mg (42.65%), Phosphorus: 425.09mg (42.51%), Vitamin K: 44.02µg (41.93%), Vitamin B3: 6.82mg (34.12%), Vitamin A: 1687.55IU (33.75%), Vitamin B5: 3.11mg (31.1%), Vitamin E: 4.22mg (28.13%), Vitamin B1: 0.41mg (27.44%), Calcium: 244.03mg (24.4%), Iron: 4.26mg (23.69%), Zinc: 3.16mg (21.1%), Selenium: 12.34µg (17.63%), Vitamin D: 1.42µg (9.44%), Vitamin B12: 0.26µg (4.36%)