



Baked Eggplant

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 eggplant sliced into 1/2-inch-thick rounds
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon oregano
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 tomatoes sliced

Equipment

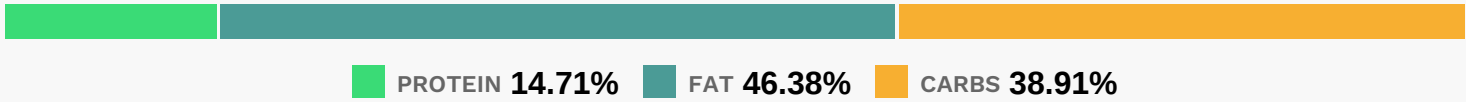
- ☐ oven

- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Prepare a baking dish with non-stick play.
- ☐ Arrange eggplant and tomato slices into the bottom of the prepared baking dish.
- ☐ Drizzle olive oil over the vegetables; season with oregano, salt, and pepper.
- ☐ Sprinkle Parmesan cheese over the entire mixture.
- ☐ Bake in preheated oven until the cheese is beginning to brown, about 30 minutes. Switch oven broiler to high; continue baking until completely browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:6.0756521302721%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 75.3kcal (3.77%), Fat: 4.17g (6.41%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.33g (4.81%), Cholesterol: 4.83mg (1.61%), Sodium: 101.97mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Manganese: 0.28mg (14.07%), Fiber: 3.19g (12.78%), Vitamin C: 10.11mg (12.26%), Vitamin A: 584.12IU (11.68%), Vitamin K: 11.27µg (10.73%), Potassium: 336.33mg (9.61%), Phosphorus: 68.95mg (6.9%), Calcium: 67.92mg (6.79%), Folate: 27.16µg (6.79%), Vitamin E: 0.99mg (6.58%), Vitamin B6: 0.12mg (6.08%), Copper: 0.1mg (5.19%), Magnesium: 20.47mg (5.12%), Vitamin B3: 0.88mg (4.41%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.59%), Zinc: 0.48mg (3.18%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.29mg (2.92%), Iron: 0.51mg (2.84%), Vitamin B12: 0.08µg (1.25%)