



Baked Eggplant Antipasto

 Gluten Free

READY IN



100 min.

SERVINGS



12

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce tomato sauce canned
- 14 ounce canned tomatoes diced undrained canned
- 2 large eggplant cut into 1/4-inch rounds
- 2 tablespoons basil fresh chopped to taste
- 2 tablespoons parsley fresh chopped to taste
- 6 cloves garlic minced
- 12 servings ground pepper black to taste
- 8 ounce marinated artichoke hearts undrained

- 1 tablespoon oregano fresh chopped to taste
- 0.3 cup pecorino-romano cheese grated to taste
- 0.5 cup pinenuts
- 1 onion red thinly sliced
- 8 ounce roasted peppers red drained cut into strips
- 12 servings salt to taste
- 0.5 cup mozzarella cheese shredded to taste

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan

Directions

- Layer eggplant slices in a bowl, sprinkling salt onto each layer. Set aside for 30 minutes.
- Spread a layer of paper towel on a work surface; drain eggplant slices on paper towels.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Mix diced tomatoes, tomato sauce, artichoke hearts, and roasted red peppers in a bowl.
- Heat a skillet over medium-low heat; toast pine nuts, stirring occasionally, in the hot skillet until fragrant and lightly browned, 3 to 5 minutes. Stir toasted pine nuts, garlic, parsley, basil, oregano, and black pepper into tomato mixture using a fork.
- Spread a layer of eggplant in the bottom of the prepared baking dish; spoon 1/3 the tomato mixture atop eggplant layer.
- Sprinkle 1/3 the red onion, 1/3 the mozzarella, and 1/3 the Pecorino-Romano cheese over tomato layer. Repeat layering until all ingredients are used.
- Bake in the preheated oven until cheese is melted and golden brown, about 40 minutes.

Nutrition Facts



■ PROTEIN 13.6% ■ FAT 50.17% ■ CARBS 36.23%

Properties

Glycemic Index:30.25, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:10.833913105985%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 125.89kcal (6.29%), Fat: 7.54g (11.6%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 7.82g (2.84%), Sugar: 5.7g (6.34%), Cholesterol: 5.85mg (1.95%), Sodium: 714.62mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Manganese: 0.86mg (43.04%), Vitamin C: 20.95mg (25.39%), Vitamin K: 23.27µg (22.16%), Fiber: 4.43g (17.73%), Copper: 0.26mg (12.93%), Potassium: 425.05mg (12.14%), Vitamin A: 581.3IU (11.63%), Phosphorus: 108.79mg (10.88%), Vitamin B6: 0.21mg (10.5%), Magnesium: 41.26mg (10.32%), Vitamin E: 1.54mg (10.27%), Iron: 1.68mg (9.35%), Calcium: 92.47mg (9.25%), Folate: 32.23µg (8.06%), Vitamin B3: 1.5mg (7.49%), Vitamin B1: 0.1mg (6.35%), Vitamin B2: 0.1mg (6.15%), Zinc: 0.9mg (5.97%), Vitamin B5: 0.43mg (4.34%), Selenium: 2.02µg (2.88%), Vitamin B12: 0.13µg (2.16%)