




 **56%**  
HEALTH SCORE

# Baked Eggplant Stacks with Roasted-Tomato Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup cooking wine dry red
- 0.5 cup cooking wine dry white
- 9 inch eggplant ( 2 medium)
- 4 ounces feta cheese crumbled
- 20 large garlic cloves peeled ( 2 large heads)
- 1 cup onion sliced
- 1.5 cups onion diced divided

- 1 teaspoon oregano fresh chopped
- 0.5 teaspoon pepper freshly ground
- 1 pound plum tomatoes
- 0.3 teaspoon salt
- 20 ounce pkt spinach frozen dry thawed drained chopped
- 1 cup vegetable broth canned

## Equipment

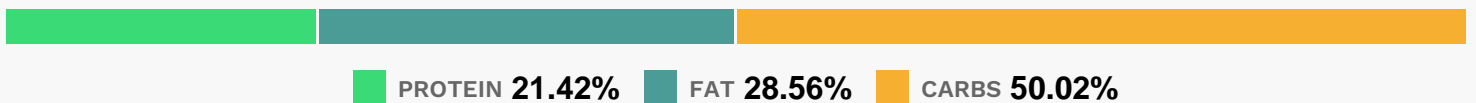
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- baking pan

## Directions

- Preheat oven to 425
- Place tomatoes in a shallow baking dish coated with cooking spray.
- Bake at 425 for 30 minutes. Set aside.
- Heat a medium saucepan over medium-high heat.
- Add 1 cup diced onion; saut 3 minutes. Stir in tomatoes, red wine, oregano, pepper, and 1/4 teaspoon salt; bring to a boil. Reduce heat; simmer 20 minutes.
- Place tomato mixture in a blender; process until smooth. Set aside; keep warm.
- Place a saucepan coated with cooking spray over high heat.
- Add sliced onion; saut 5 minutes.
- Add wine and garlic. Bring to a boil; cook 5 minutes. Stir in broth; bring to a boil. Reduce heat; simmer 20 minutes.
- Place garlic mixture in a blender; process until smooth. Set aside; keep warm.
- Sprinkle 1/4 teaspoon salt over eggplant.

- Place half of eggplant in a single layer on a baking sheet coated with cooking spray; broil 5 minutes on each side or until lightly browned. Repeat procedure with remaining eggplant; set aside.
- Place a large nonstick skillet coated with cooking spray over medium-high heat.
- Add 1/2 cup diced onion; saut 3 minutes.
- Add spinach; cook 10 minutes, stirring frequently.
- Remove from heat; stir in cheese.
- Preheat oven to 42
- Arrange 6 eggplant slices, 2 to 3 inches apart, on a baking sheet.
- Spread 2 1/2 tablespoons spinach mixture over each slice. Stack each with another eggplant slice, an additional 2 1/2 tablespoons spinach mixture, and remaining slices.
- Bake at 425 for 15 minutes. Arrange 1 eggplant stack on each of 6 plates; spoon 1/3 cup tomato sauce and 2 tablespoons garlic sauce on each plate.
- Garnish with oregano, if desired.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:25.577826085298%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 14.27mg, Quercetin: 14.27mg, Quercetin: 14.27mg, Quercetin: 14.27mg

## Nutrients (% of daily need)

Calories: 169.88kcal (8.49%), Fat: 4.9g (7.53%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 14g (5.09%), Sugar: 6.2g (6.89%), Cholesterol: 16.82mg (5.61%), Sodium: 548.29mg (23.84%), Alcohol: 4.16g (100%), Alcohol %: 1.51% (100%), Protein: 8.26g (16.52%), Vitamin K: 360.84µg (343.66%), Vitamin A: 11883.49IU (237.67%), Manganese: 1.08mg (54.02%), Folate: 169.23µg (42.31%), Vitamin C: 23.7mg (28.73%), Calcium: 264.34mg (26.43%), Vitamin B6: 0.52mg (26.22%), Vitamin B2: 0.42mg (24.77%), Magnesium: 95.67mg (23.92%), Vitamin E: 3.28mg (21.85%), Fiber: 5.29g (21.16%), Potassium: 684.64mg (19.56%), Phosphorus: 168.04mg (16.8%), Selenium: 10.31µg (14.73%), Iron: 2.63mg (14.59%), Vitamin B1: 0.2mg (13.32%), Copper: 0.25mg (12.55%), Zinc: 1.47mg (9.82%), Vitamin B3: 1.33mg (6.63%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.51mg (5.06%)