



## Baked Eggplant with Cashews

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon brown sugar
- 0.5 cup cashew pieces
- 1 celery stalk diced
- 1 cup bread crumbs whole wheat dry
- 2 large eggplants sliced
- 2 tablespoons olive oil extra virgin
- 0.5 cup heavy cream
- 1 onion finely chopped

- 0.5 teaspoon oregano dried
- 5 pimento-stuffed olives green sliced
- 0.5 cup bell pepper red finely chopped
- 1 roma tomato seeded chopped (plum)
- 0.5 teaspoon powdered saffron
- 4 servings salt to taste
- 0.5 cup soy milk

## Equipment

- bowl
- oven
- blender
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
- Cover the bottom of the prepared baking dish with 1/2 the eggplant slices, and season with salt. In a bowl, toss together the bread crumbs and brown sugar, and sprinkle about 1/4 cup of the mixture over the layer of eggplant slices.
- In a bowl, mix 1/2 cup bread crumb mixture, the onion, celery, tomato, red bell pepper, olives, and olive oil. Season with oregano and saffron.
- Spread over the layer of eggplant in the baking dish. Top with remaining eggplant.
- Sprinkle with remaining bread crumb mixture.
- In a blender, blend the soy milk, heavy cream, and cashews until smooth.
- Pour over the top of the layered dish.
- Bake 30 minutes in the preheated oven, until crisp and golden brown.

## Nutrition Facts

 PROTEIN 8.63%  FAT 52.02%  CARBS 39.35%

## Properties

Glycemic Index:73.15, Glycemic Load:4.34, Inflammation Score:-9, Nutrition Score:20.240435061247%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

## Nutrients (% of daily need)

Calories: 433.7kcal (21.68%), Fat: 27.6g (42.46%), Saturated Fat: 9.34g (58.34%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 35.43g (12.88%), Sugar: 14.44g (16.05%), Cholesterol: 33.62mg (11.21%), Sodium: 448.87mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Vitamin C: 40.87mg (49.54%), Fiber: 11.55g (46.2%), Manganese: 0.89mg (44.52%), Copper: 0.61mg (30.52%), Vitamin A: 1347.2IU (26.94%), Potassium: 825.72mg (23.59%), Vitamin E: 3.48mg (23.2%), Magnesium: 89.34mg (22.33%), Iron: 4.01mg (22.29%), Vitamin B6: 0.44mg (22.18%), Vitamin K: 22.84µg (21.76%), Folate: 82.28µg (20.57%), Phosphorus: 185.24mg (18.52%), Vitamin B3: 2.98mg (14.91%), Vitamin B1: 0.21mg (14.13%), Vitamin B2: 0.24mg (13.95%), Zinc: 1.57mg (10.47%), Calcium: 104.3mg (10.43%), Vitamin B5: 0.97mg (9.72%), Selenium: 5.69µg (8.13%), Vitamin B12: 0.37µg (6.1%), Vitamin D: 0.83µg (5.53%)