



Baked Eggplant with Mushroom-and-Tomato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 eggplant peeled cut into 1/4-inch-thick slices (1 1/4 pounds)
- ☐ 2 garlic clove chopped
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 8 ounce mushrooms
- ☐ 1 cup onion chopped
- ☐ 1 ounce parmesan fresh grated

- ☐ 3 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce tomato sauce divided canned

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange the eggplant slices on a baking sheet coated with cooking spray; broil 3 minutes on each side or until lightly browned.
- ☐ Preheat oven to 37
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat; add onion and next 4 ingredients (onion through mushrooms). Cover and cook 7 minutes or until tender, stirring mixture occasionally. Increase heat to medium-high; uncover and cook for 2 minutes or until liquid evaporates.
- ☐ Spread half of mushroom mixture in bottom of a 1 1/2-quart round baking dish coated with cooking spray. Arrange half of eggplant slices over mushroom mixture; sprinkle with 1/8 teaspoon pepper. Top with 1/2 cup tomato sauce and 1/3 cup mozzarella.
- ☐ Spread remaining mushroom mixture over mozzarella; top with remaining eggplant slices.
- ☐ Sprinkle with 1/8 teaspoon pepper; top with remaining tomato sauce. Cover and bake at 375 for 1 hour.
- ☐ Sprinkle with 1/3 cup mozzarella and Parmesan.
- ☐ Bake, uncovered, 5 minutes or until cheese melts.
- ☐ Let stand 10 minutes.

Nutrition Facts



 PROTEIN **28.23%**  FAT **31.42%**  CARBS **40.35%**

Properties

Glycemic Index:57, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:13.897391148235%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 155.71kcal (7.79%), Fat: 5.85g (9%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 11.19g (4.07%), Sugar: 9.2g (10.22%), Cholesterol: 18.43mg (6.14%), Sodium: 666.32mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.63%), Calcium: 286.68mg (28.67%), Phosphorus: 253.64mg (25.36%), Vitamin B2: 0.41mg (24.06%), Manganese: 0.46mg (23.1%), Fiber: 5.7g (22.81%), Potassium: 704.54mg (20.13%), Copper: 0.37mg (18.46%), Vitamin B3: 3.46mg (17.32%), Selenium: 11.04µg (15.78%), Vitamin B6: 0.3mg (15.08%), Vitamin B5: 1.46mg (14.57%), Vitamin C: 11.11mg (13.47%), Folate: 50.6µg (12.65%), Magnesium: 42.91mg (10.73%), Zinc: 1.48mg (9.86%), Vitamin B1: 0.13mg (8.85%), Vitamin A: 435.34IU (8.71%), Vitamin E: 1.27mg (8.45%), Iron: 1.41mg (7.84%), Vitamin K: 8µg (7.62%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.21µg (1.42%)