



Baked Eggplant with Savory Cheese Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 medium eggplants cut in half lengthwise (2 pounds)
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups onion finely chopped
- ☐ 1 cup plum tomatoes seeded finely chopped

- ☐ 1.3 cups bell pepper red finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 ounce bread white
- ☐ 1 teaspoon or dried fresh chopped
- ☐ 1 teaspoon or dried fresh chopped

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Score cut side of each eggplant half by making 4 crosswise cuts.
- ☐ Place the eggplant halves, cut sides down, on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 25 minutes or until tender.
- ☐ Remove from oven; cool on pan 10 minutes. Carefully remove pulp, leaving a 1/3-inch-thick shell; reserve eggplant shells. Chop pulp.
- ☐ Reduce oven temperature to 350
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- ☐ Drizzle the breadcrumbs with olive oil, and pulse to combine.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 3 minutes. Stir in the chopped eggplant, bell pepper, tomato, oregano, and garlic; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Uncover and cook 5 minutes or until liquid evaporates, stirring occasionally.
- ☐ Remove from heat; stir in cheese, parsley, salt, and black pepper. Stuff each eggplant shell with about 1/2 cup onion mixture; sprinkle with breadcrumb mixture.

Place on a baking sheet; bake at 350 for 30 minutes or until thoroughly heated and lightly browned.

Nutrition Facts



Properties

Glycemic Index:80.69, Glycemic Load:7.31, Inflammation Score:-10, Nutrition Score:24.363913092924%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg

Nutrients (% of daily need)

Calories: 192.22kcal (9.61%), Fat: 6.6g (10.15%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 19.38g (7.05%), Sugar: 14.56g (16.18%), Cholesterol: 18.92mg (6.31%), Sodium: 726.42mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Vitamin C: 82.64mg (100.17%), Vitamin K: 77.94µg (74.23%), Vitamin A: 2410.95IU (48.22%), Manganese: 0.82mg (41.22%), Fiber: 9.93g (39.71%), Vitamin B6: 0.57mg (28.31%), Folate: 112.51µg (28.13%), Potassium: 900.46mg (25.73%), Vitamin B2: 0.35mg (20.81%), Phosphorus: 182.99mg (18.3%), Calcium: 172.08mg (17.21%), Vitamin B1: 0.24mg (15.93%), Vitamin B3: 2.97mg (14.86%), Magnesium: 58.58mg (14.65%), Copper: 0.28mg (13.97%), Vitamin E: 1.98mg (13.22%), Vitamin B5: 1.19mg (11.87%), Zinc: 1.42mg (9.47%), Iron: 1.67mg (9.27%), Selenium: 6.09µg (8.7%), Vitamin B12: 0.36µg (5.99%)