



Barbecued Eggplant and Lentils

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole undrained chopped canned
- 2 cups carrots diced
- 2 cups lentils cooked
- 0.5 cup breadcrumbs dry
- 6 cups eggplant cubed
- 2 garlic cloves minced
- 1 tablespoon honey
- 2 cups leek chopped

- 1 tablespoon juice of lemon
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 2 teaspoons paprika
- 2 ounces parmesan cheese grated
- 0.3 teaspoon salt
- 2 cups no-salt-added tomato juice
- 1 tablespoon citrus champagne vinegar

Equipment

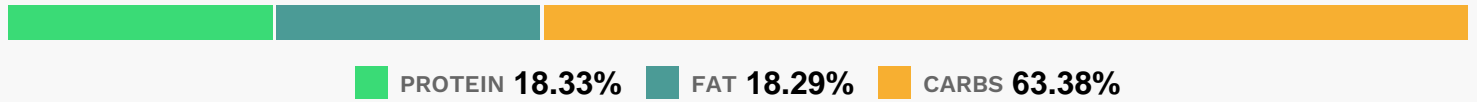
- bowl
- frying pan
- baking sheet
- oven
- casserole dish

Directions

- Preheat oven to 37
- Combine first 7 ingredients in a large bowl; toss well to coat. Arrange eggplant mixture in a single layer on a baking sheet coated with cooking spray.
- Bake at 375 for 30 minutes.
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add leek and carrot; saut 5 minutes or until lightly browned.
- Add tomato juice, vinegar, honey, salt, and tomatoes; bring to a boil. Stir in lentils and eggplant mixture. Reduce heat; simmer 35 minutes or until thick.
- Spoon 2 cups mixture into 4 individual gratin dishes coated with cooking spray.
- Combine breadcrumbs and cheese; sprinkle 1/4 cup breadcrumb mixture over each serving.
- Bake at 375 for 10 minutes or until browned.

Note: Recipe can be prepared in a 3-quart casserole dish, if desired.

Nutrition Facts



Properties

Glycemic Index:77.53, Glycemic Load:16.41, Inflammation Score:-10, Nutrition Score:42.905217677355%

Flavonoids

Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 453.23kcal (22.66%), Fat: 9.86g (15.18%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 76.9g (25.63%), Net Carbohydrates: 57.29g (20.83%), Sugar: 29.36g (32.62%), Cholesterol: 12.33mg (4.11%), Sodium: 969.5mg (42.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.5%), Vitamin A: 13067.29IU (261.35%), Manganese: 1.75mg (87.7%), Folate: 316.62µg (79.15%), Fiber: 19.61g (78.44%), Vitamin C: 55.78mg (67.62%), Potassium: 1901.42mg (54.33%), Vitamin K: 55.84µg (53.18%), Iron: 9.06mg (50.34%), Vitamin B6: 0.99mg (49.33%), Copper: 0.93mg (46.37%), Phosphorus: 456.84mg (45.68%), Vitamin B1: 0.63mg (42.28%), Magnesium: 143.57mg (35.89%), Vitamin B3: 6.99mg (34.97%), Vitamin E: 5.17mg (34.48%), Calcium: 321.97mg (32.2%), Vitamin B2: 0.44mg (25.95%), Vitamin B5: 2.25mg (22.5%), Zinc: 3.31mg (22.06%), Selenium: 13.93µg (19.9%), Vitamin B12: 0.24µg (3.98%)