



Eggplant

Bonus : Eggplant-Bottomed Pizza

 Vegetarian

READY IN



40 min.

SERVINGS



1

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bell pepper chopped
- ☐ 0.3 cup tomatoes canned crushed
- ☐ 2 slices eggplant dry 1/ cut lengthwise from a long eggplant
- ☐ 0.5 teaspoon garlic chopped
- ☐ 0.3 cup mushrooms sliced
- ☐ 2 tablespoons onion chopped
- ☐ 2 tablespoons part-skim mozzarella cheese shredded
- ☐ 1 Dash penzey's southwest seasoning italian

☐ 2 teaspoons topping parmesan-style grated reduced-fat

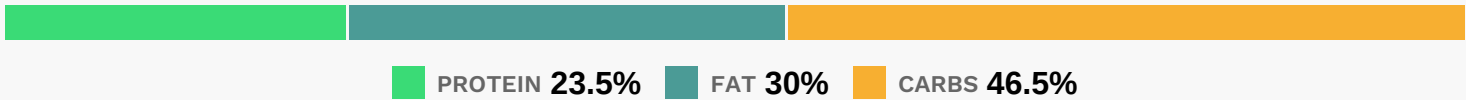
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Spray a baking sheet with nonstick spray.
- ☐ Place eggplant slices on the baking sheet and cook until slightly soft, about 20 minutes.
- ☐ Meanwhile, in a small bowl, combine crushed tomatoes, garlic, and Italian seasoning.
- ☐ Mix well and set aside.
- ☐ Carefully remove the sheet from oven. Evenly spread the tomato mixture over the eggplant slices.
- ☐ Sprinkle with mozzarella cheese and evenly top with mushrooms, pepper, and onion.
- ☐ Bake in the oven until the cheese has melted and the toppings are hot, about 10 additional minutes.
- ☐ Sprinkle with the Parm-style topping and enjoy!

Nutrition Facts



Properties

Glycemic Index:194, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:14.566956610783%

Flavonoids

Delphinidin: 71.98mg, Delphinidin: 71.98mg, Delphinidin: 71.98mg, Delphinidin: 71.98mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 172.98kcal (8.65%), Fat: 6.11g (9.41%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 15.95g (5.8%), Sugar: 11.55g (12.84%), Cholesterol: 19.03mg (6.34%), Sodium: 301.96mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.55%), Vitamin C: 33.72mg (40.87%), Calcium: 289.53mg (28.95%), Manganese: 0.48mg (23.9%), Phosphorus: 221.06mg (22.11%), Fiber: 5.37g (21.49%), Vitamin A: 891.75IU (17.84%), Vitamin B2: 0.29mg (16.81%), Potassium: 585.84mg (16.74%), Copper: 0.32mg (15.93%), Vitamin B6: 0.32mg (15.81%), Vitamin K: 14.1µg (13.43%), Vitamin B3: 2.47mg (12.34%), Folate: 48.25µg (12.06%), Vitamin E: 1.79mg (11.95%), Magnesium: 44.86mg (11.22%), Selenium: 7.71µg (11.01%), Iron: 1.81mg (10.05%), Zinc: 1.45mg (9.64%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.13mg (8.68%), Vitamin B12: 0.26µg (4.3%)