



Bo's Eggplant Supreme

READY IN



50 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 5 tablespoons butter
- ☐ 10 1 (10-ounce) can minced clams minced drained canned
- ☐ 1 cup cracker crumbs
- ☐ 2 large eggplant
- ☐ 0.3 cup garlic powder
- ☐ 0.5 cup half-and-half
- ☐ 1 cup salt

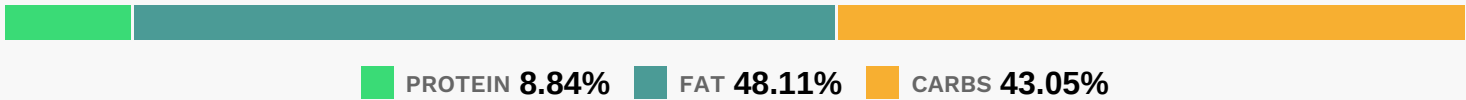
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Peel the eggplant and cut it into thin rounds. Bring a pot of water to a boil.
- ☐ Add the House Seasoning, then the eggplant, and cook for 10 to 15 minutes, or until tender.
- ☐ Drain the eggplant well and mash it with 3 tablespoons of the butter.
- ☐ In a greased casserole, layer the mashed eggplant, the clams, and the cracker crumbs. Dot with the remaining 2 tablespoons of butter.
- ☐ Blend the half-and-half with the reserved clam juice. Taste and add salt, if needed.
- ☐ Pour mixture over the casserole, but be sure to use only enough liquid to fully saturate the dish, otherwise, the dish will become too soupy.
- ☐ Bake for 30 minutes.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.89, Inflammation Score:-6, Nutrition Score:15.126521856888%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 257.82kcal (12.89%), Fat: 14.8g (22.77%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 21.61g (7.86%), Sugar: 7.35g (8.16%), Cholesterol: 33.19mg (11.06%), Sodium: 19050.64mg (828.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Manganese: 1.81mg (90.69%), Fiber: 8.19g (32.76%), Vitamin K: 27.61µg (26.29%), Potassium: 645.04mg (18.43%), Copper: 0.34mg (16.9%), Vitamin B6:

0.34mg (16.84%), Phosphorus: 149.22mg (14.92%), Iron: 2.54mg (14.12%), Magnesium: 51.12mg (12.78%), Folate: 48.23µg (12.06%), Calcium: 118.02mg (11.8%), Vitamin B1: 0.16mg (10.96%), Vitamin B2: 0.16mg (9.36%), Vitamin A: 462.48IU (9.25%), Vitamin E: 1.32mg (8.8%), Vitamin B3: 1.71mg (8.55%), Selenium: 5.64µg (8.06%), Vitamin B12: 0.45µg (7.56%), Vitamin B5: 0.75mg (7.53%), Zinc: 0.87mg (5.82%), Vitamin C: 3.66mg (4.43%)