



Braised Eggplant with Onion and Tomato



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

Ingredients



6 small eggplant italian (2 lb total)



0.3 cup basil fresh chopped



0.3 cup parsley fresh chopped



3 tablespoons juice of lemon fresh



0.3 cup olive oil extra virgin extra-virgin



2 medium onion cut lengthwise into 1/4-inch-thick wedges



1 teaspoon salt



1 tablespoon sugar

- ☐ 1 large tomatoes drained coarsely chopped chopped
- ☐ 0.3 cup water

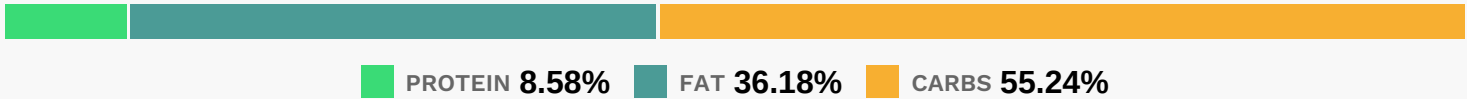
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Halve eggplants lengthwise and score flesh 1/2 inch deep in a crosshatch pattern to make 1-inch squares (do not cut through skin). Arrange eggplant halves, cut sides up, in a large roasting pan and season with salt.
- ☐ Cook onions in 3 tablespoons oil in a large nonstick skillet over moderate heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Remove skillet from heat and stir in tomatoes, parsley, basil, lemon juice, 2 teaspoons sugar, and salt.
- ☐ Divide topping among eggplant halves, mounding in centers. Stir together water, remaining 1/4 cup oil, and remaining tablespoon sugar until sugar is dissolved, then add to roasting pan. Cover pan tightly with foil and bake in middle of oven, basting eggplants every 15 minutes with cooking liquid, 45 minutes. Uncover and bake until eggplants are tender (they will collapse and flatten slightly) and cooking liquid is reduced and beginning to caramelize, about 40 minutes more.
- ☐ Serve hot or at room temperature, drizzled with pan juices.
- ☐ • Braised eggplant may be made 1 day ahead, then cooled completely before being chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:6.46, Inflammation Score:-9, Nutrition Score:20.846956408542%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 9.98g (15.36%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 19.41g (7.06%), Sugar: 20.74g (23.04%), Cholesterol: 0mg (0%), Sodium: 402.58mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Vitamin K: 84.19µg (80.18%), Fiber: 14.88g (59.52%), Manganese: 1.17mg (58.35%), Potassium: 1204.58mg (34.42%), Folate: 119.75µg (29.94%), Vitamin C: 24.52mg (29.72%), Vitamin B6: 0.46mg (23.08%), Copper: 0.42mg (20.85%), Vitamin E: 2.89mg (19.25%), Magnesium: 74.23mg (18.56%), Vitamin B3: 3.26mg (16.29%), Vitamin A: 710.33IU (14.21%), Vitamin B1: 0.21mg (14.12%), Vitamin B5: 1.38mg (13.85%), Phosphorus: 131.11mg (13.11%), Vitamin B2: 0.19mg (11.23%), Iron: 1.52mg (8.46%), Calcium: 60.84mg (6.08%), Zinc: 0.9mg (6%), Selenium: 1.59µg (2.26%)