



Cheesy Eggplant Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 eggs lightly beaten
- 1 eggplant diced peeled
- 1 clove garlic crushed
- 1 teaspoon seasoning dried italian
- 2 tablespoons onion diced
- 4 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded
- 1 cup bread stuffing mix dry

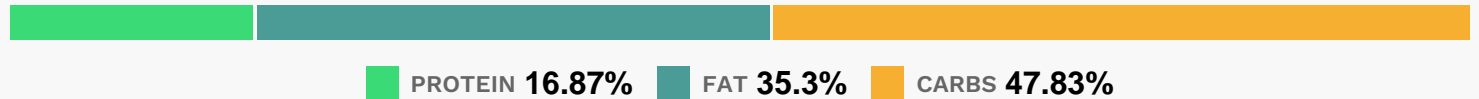
Equipment

- oven
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the eggplant in a medium microwave safe dish. Cook, stirring once, in the microwave 5 minutes on High, or until tender.
- Transfer to a 9x9 inch baking dish.
- Mix in 1/2 cup Cheddar cheese, stuffing mix, garlic, onion, and egg. Season with Italian seasoning, salt, and pepper.
- Bake 15 minutes in the preheated oven. Top with remaining cheese, and continue baking 15 minutes, until cheese is bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:19.26826074849%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 449.99kcal (22.5%), Fat: 17.7g (27.23%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 48.33g (17.58%), Sugar: 9.35g (10.39%), Cholesterol: 83.89mg (27.96%), Sodium: 1320.3mg (57.4%), Alcohol: 0g (100%), Protein: 19.04g (38.07%), Selenium: 44.26µg (63.23%), Calcium: 384.04mg (38.4%), Folate: 140.78µg (35.2%), Manganese: 0.67mg (33.44%), Phosphorus: 330.07mg (33.01%), Vitamin B2: 0.52mg (30.78%), Vitamin B1: 0.42mg (27.9%), Fiber: 5.64g (22.56%), Vitamin B3: 4.22mg (21.09%), Iron: 2.99mg (16.59%),

Zinc: 2.46mg (16.41%), Magnesium: 54.49mg (13.62%), Potassium: 472.16mg (13.49%), Copper: 0.26mg (13.15%),
Vitamin B6: 0.25mg (12.73%), Vitamin A: 520.19IU (10.4%), Vitamin B12: 0.56µg (9.32%), Vitamin B5: 0.92mg
(9.16%), Vitamin K: 8.85µg (8.43%), Vitamin E: 1.09mg (7.3%), Vitamin C: 3.13mg (3.8%), Vitamin D: 0.47µg (3.16%)