



Cheesy Eggplant-Orzo Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups orzo pasta rice-shaped cooked uncooked ()
- ☐ 1 cup breadcrumbs dry
- ☐ 1.3 pounds eggplant diced peeled
- ☐ 1.5 cups ricotta cheese fat-free
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion diced
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.3 cup pinenuts
- ☐ 1 cup bell pepper diced red
- ☐ 2 tablespoons sun-dried tomatoes packed chopped
- ☐ 1 cup tomatoes diced
- ☐ 1 cup sacramento tomato juice
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.5 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine sun-dried tomatoes and boiling water in a small bowl; cover and let stand 10 minutes or until soft.
- ☐ Drain, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant, onion, bell pepper, and garlic; saute 5 minutes.
- ☐ Add diced tomato; cook 2 minutes.
- ☐ Add sun-dried tomatoes, orzo, and next 4 ingredients (orzo through tomato sauce); stir well. Spoon orzo mixture into a 13 x 9-inch baking dish.
- ☐ Combine breadcrumbs, cheese, and pine nuts; sprinkle crumb topping over orzo mixture. Cover and bake at 350 for 30 minutes or until thoroughly heated. Uncover and bake an additional 10 minutes or until lightly browned.

Nutrition Facts



 **PROTEIN 17.12%**  **FAT 24.32%**  **CARBS 58.56%**

Properties

Glycemic Index:47.73, Glycemic Load:12.7, Inflammation Score:-8, Nutrition Score:18.290869275513%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 336.35kcal (16.82%), Fat: 9.12g (14.03%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 43.32g (15.75%), Sugar: 10.54g (11.71%), Cholesterol: 12.82mg (4.27%), Sodium: 401.57mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.89%), Manganese: 1.21mg (60.62%), Vitamin C: 38.99mg (47.26%), Selenium: 25.07µg (35.82%), Fiber: 6.08g (24.34%), Vitamin A: 1160.52IU (23.21%), Phosphorus: 190.65mg (19.06%), Calcium: 190.22mg (19.02%), Vitamin K: 18.35µg (17.47%), Copper: 0.35mg (17.3%), Potassium: 599.03mg (17.12%), Vitamin B1: 0.26mg (17.09%), Folate: 64.84µg (16.21%), Magnesium: 63.44mg (15.86%), Iron: 2.84mg (15.8%), Vitamin B6: 0.31mg (15.61%), Vitamin B3: 2.84mg (14.19%), Vitamin E: 1.99mg (13.29%), Vitamin B2: 0.19mg (11.36%), Zinc: 1.59mg (10.62%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.13µg (2.19%)