



Cindy Lobster Stuffed Eggplant

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bacon paper thin sliced
- ☐ 8 medium slices buffalo mozzarella cheese sliced to shape the eggplant
- ☐ 3 tablespoons butter
- ☐ 1 large eggplant rectangular thinly sliced into 3 by 2-inch shapes
- ☐ 1 clove garlic minced
- ☐ 0.5 pound lobster tail meat chopped
- ☐ 1 tablespoon olive oil extra-virgin plus more for coating
- ☐ 8 sprigs rosemary plus 1 tablespoon fresh finely chopped

- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 shallots minced

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a medium saucepan, melt the butter over low heat with the 8 rosemary sprigs. Turn the heat to the lowest setting and allow the rosemary and butter to fuse together, but do not let the butter brown.
- ☐ In a medium skillet, saute the garlic, shallots, and chopped rosemary together in the 1 tablespoon olive oil until the garlic and shallots become fragrant. Then add the lobster meat and gently cook for 3 to 5 minutes. Lightly season the lobster meat with salt and pepper.
- ☐ On a clean surface, take a piece of bacon and lay it out lengthwise. Coat the eggplant slices lightly with olive oil and barely season with salt and pepper. Put a piece of the coated eggplant on top of the bacon, perpendicularly. Put a piece of mozzarella on top of the eggplant. Scoop a generous portion of the lobster and place on top of the cheese. Put another piece of eggplant on top of the lobster and create an eggplant sandwich. Wrap the bacon around the sandwich then gently put on a cookie sheet or oven-safe dish. Repeat this process until all the lobster is used.
- ☐ Remove the rosemary sprigs from the butter and set them aside on a plate or clean surface.
- ☐ Pour the rosemary butter on top of the sandwiches until they are all saturated. Lightly season the sandwiches with salt and pepper before baking.
- ☐ Bake until the bacon has browned nicely, about 10 minutes.
- ☐ Garnish with the reserved rosemary sprigs.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 11.33%**  **FAT 76.4%**  **CARBS 12.27%**

Properties

Glycemic Index:30.25, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:4.4195652267207%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 138.78kcal (6.94%), Fat: 12.03g (18.51%), Saturated Fat: 5g (31.24%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.46g (0.89%), Sugar: 2.28g (2.54%), Cholesterol: 31.48mg (10.49%), Sodium: 166.95mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Selenium: 8.22µg (11.75%), Manganese: 0.17mg (8.44%), Copper: 0.17mg (8.26%), Fiber: 1.89g (7.57%), Vitamin B6: 0.11mg (5.58%), Potassium: 191.21mg (5.46%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 50.87mg (5.09%), Vitamin E: 0.68mg (4.52%), Vitamin B1: 0.07mg (4.44%), Calcium: 39.66mg (3.97%), Zinc: 0.57mg (3.77%), Folate: 14.94µg (3.74%), Vitamin B5: 0.37mg (3.73%), Vitamin A: 183.26IU (3.67%), Magnesium: 13.98mg (3.49%), Vitamin K: 3.62µg (3.45%), Vitamin B12: 0.18µg (2.98%), Vitamin B2: 0.04mg (2.19%), Vitamin C: 1.69mg (2.05%), Iron: 0.31mg (1.71%)