



HEALTH SCORE

100%

Clauson's Eggplant Gâteau with Red and Yellow Bell Pepper Coulis



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 4 basil sprigs
- ☐ 4 servings bell pepper coulis red
- ☐ 4 servings bell pepper coulis yellow
- ☐ 0.3 teaspoon pepper black
- ☐ 2 pound eggplants peeled
- ☐ 1.5 teaspoons basil fresh chopped
- ☐ 1 garlic clove crushed

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 large bell pepper red
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots chopped
- ☐ 2 cups skim milk
- ☐ 6 cups spinach leaves
- ☐ 1 Dash sugar
- ☐ 1 cup tomatoes chopped
- ☐ 4 teaspoons tomatoes chopped
- ☐ 1 large bell pepper yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Cut 1 eggplant crosswise into 8 (1/4-inch-thick) round slices.
- ☐ Cut the other eggplant lengthwise into 8 (1/4-inch-thick) oblong slices.

- ☐ Place all of the eggplant slices in a large bowl; pour milk over eggplant slices, and let stand 5 minutes.
- ☐ Drain in a colander, and pat eggplant slices dry with paper towels.
- ☐ Brush 1 tablespoon oil over eggplant slices, and sprinkle the slices with 1/4 teaspoon black pepper and 1/8 teaspoon salt.
- ☐ Prepare grill.
- ☐ Place eggplant slices on grill rack coated with cooking spray, and grill 3 minutes on each side or until tender. Set aside.
- ☐ Cut red and yellow bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place the peppers, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place the bell peppers in a zip-top heavy-duty plastic bag, and seal; let stand 10 minutes. Peel and discard skins. Coarsely chop bell peppers, and set aside.
- ☐ Bring 3 quarts water to a boil in a large Dutch oven.
- ☐ Add spinach, and cook 30 seconds.
- ☐ Drain well, and let cool. Squeeze spinach until barely moist; set aside.
- ☐ Heat 1 teaspoon oil in a saucepan over medium heat.
- ☐ Add shallots and garlic, and saute 2 minutes.
- ☐ Add 1 cup chopped tomato, chopped basil, 1/4 teaspoon black pepper, 1/8 teaspoon salt, and sugar, and cook 10 minutes, stirring occasionally.
- ☐ Place 1 round eggplant slice in the bottom of each of 4 (10-ounce) ramekins coated with cooking spray. Line sides of each ramekin with 2 oblong eggplant slices.
- ☐ Layer roasted red bell pepper, spinach, tomato mixture, and roasted yellow bell pepper evenly among ramekins; top with remaining round eggplant slices, pressing firmly to pack.
- ☐ Place ramekins on a baking sheet; bake at 250 for 20 minutes. Invert ramekins onto individual plates. Spoon Yellow Bell Pepper Coulis and Red Bell Pepper Coulis alternately around each gteau, using 1 tablespoon for each "pool" of sauce; top each with 1 teaspoon chopped tomato and a basil sprig.

Nutrition Facts



Properties

Glycemic Index:142.34, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:34.708695411682%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 203.53kcal (10.18%), Fat: 5.73g (8.82%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 22.34g (8.12%), Sugar: 20.8g (23.11%), Cholesterol: 3.67mg (1.23%), Sodium: 171.25mg (7.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin C: 258.93mg (313.85%), Vitamin K: 239.25µg (227.85%), Vitamin A: 8608.98IU (172.18%), Manganese: 1.22mg (61.17%), Folate: 212.66µg (53.17%), Fiber: 11.32g (45.28%), Potassium: 1435.44mg (41.01%), Vitamin B6: 0.82mg (40.91%), Vitamin E: 4.3mg (28.68%), Magnesium: 107.62mg (26.91%), Vitamin B2: 0.45mg (26.45%), Phosphorus: 262.4mg (26.24%), Calcium: 248.45mg (24.84%), Vitamin B1: 0.29mg (19.12%), Vitamin B3: 3.76mg (18.82%), Copper: 0.35mg (17.48%), Vitamin B5: 1.6mg (16.03%), Iron: 2.68mg (14.87%), Vitamin B12: 0.71µg (11.84%), Zinc: 1.62mg (10.8%), Vitamin D: 1.35µg (8.98%), Selenium: 3.99µg (5.7%)