

**4%**
HEALTH SCORE

Easy Eggplant Dish

READY IN

**50 min.**

SERVINGS

**6**

CALORIES

**168 kcal**

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.3 cup round buttery crackers crushed
- 0.1 cup chiles green canned sliced
- 1 cup breadcrumbs dry
- 1 eggplant diced
- 1 cup onion chopped
- 0.5 cup mozzarella cheese shredded
- 1 to 3 sized squashes diced yellow peeled

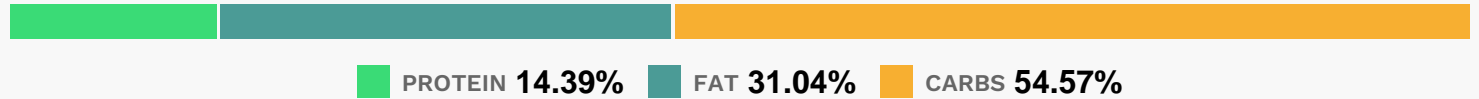
Equipment

- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of salted water to a boil.
- Add eggplant and squash and cook until tender but still firm, about 10 minutes.
- Drain and cool.
- In a 2 quart casserole dish combine eggplant, squash, onions, bread crumbs, butter and chiles.
- Sprinkle crushed crackers and cheese over the top.
- Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:8.9326086044312%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 167.81kcal (8.39%), Fat: 5.94g (9.13%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 19.45g (7.07%), Sugar: 6.03g (6.7%), Cholesterol: 12.39mg (4.13%), Sodium: 249.43mg (10.84%), Alcohol: 0g (100%), Protein: 6.19g (12.38%), Manganese: 0.45mg (22.74%), Vitamin B1: 0.25mg (16.65%), Fiber: 4.04g (16.15%), Folate: 55.28µg (13.82%), Vitamin C: 10.2mg (12.36%), Vitamin B2: 0.19mg (11.25%), Phosphorus:

111.19mg (11.12%), Calcium: 104.71mg (10.47%), Vitamin B3: 2.07mg (10.36%), Potassium: 349.5mg (9.99%), Vitamin B6: 0.2mg (9.91%), Selenium: 6.74µg (9.62%), Iron: 1.44mg (8.02%), Magnesium: 29.31mg (7.33%), Copper: 0.14mg (7%), Vitamin K: 6.99µg (6.66%), Zinc: 0.82mg (5.47%), Vitamin B12: 0.28µg (4.66%), Vitamin B5: 0.43mg (4.28%), Vitamin A: 208.48IU (4.17%), Vitamin E: 0.48mg (3.17%)