



Eggplant

READY IN



55 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- 4 slices day-old bread
- 0.5 cup bread crumbs fresh
- 3 large eggplants peeled cut into quarters lengthwise
- 1 to 2 eggs
- 2 cloves garlic finely minced
- 1 cup olive oil for frying extra-virgin
- 1 bunch parsley italian chopped
- 0.5 cup pecorino freshly grated
- 2 tablespoons salt

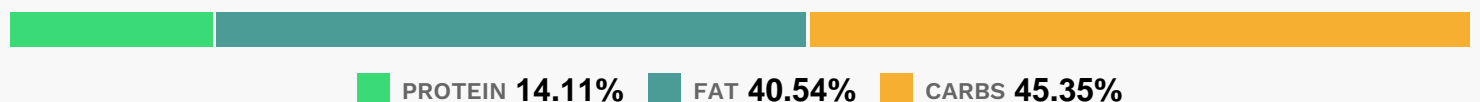
Equipment

- food processor
- bowl
- frying pan
- paper towels
- mixing bowl
- wooden spoon

Directions

- Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- Add the eggplants and boil 10 minutes. Dip the bread in the water and remove, squeezing to drain the water and set aside.
- Remove the eggplants from the water and drain well. When the eggplants have cooled, coarsely chop them and place them in the work bowl of a food processor.
- Add the soaked bread and 1 egg and pulse to form a somewhat homogenous paste adding more egg if necessary.
- Add 1/2 cup pecorino, garlic and parsley and continue to pulse until a smooth yet somewhat dry mixture is formed. Do not over-process.
- Turn the mixture into a mixing bowl and place bread crumbs on a large plate. Using your hands and working quickly, roll the eggplant mixture into balls with a 1/2-inch diameter and roll each ball in the bread crumbs to coat. Hold each ball on a sheet tray.
- In a heavy-bottomed skillet, heat the olive oil until just smoking. Cook the eggplant balls in the oil a few at a time, for 6 to 7 minutes, until dark golden brown, turning gently with a wooden spoon to evenly brown all sides.
- Remove to a tray or plate lined with paper towels.
- Sprinkle with the remaining pecorino and serve.

Nutrition Facts



Properties

Glycemic Index:29.61, Glycemic Load:7.01, Inflammation Score:-8, Nutrition Score:19.512608579967%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 20.5mg, Apigenin: 20.5mg, Apigenin: 20.5mg, Apigenin: 20.5mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 255.24kcal (12.76%), Fat: 11.96g (18.4%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 21.74g (7.91%), Sugar: 9.89g (10.99%), Cholesterol: 35.95mg (11.98%), Sodium: 2600.28mg (113.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin K: 169.88µg (161.79%), Manganese: 0.88mg (43.91%), Fiber: 8.36g (33.42%), Folate: 94.38µg (23.59%), Vitamin C: 18.02mg (21.85%), Vitamin A: 927.6IU (18.55%), Potassium: 642.85mg (18.37%), Vitamin B1: 0.27mg (17.95%), Phosphorus: 178.78mg (17.88%), Selenium: 11.95µg (17.07%), Calcium: 169.62mg (16.96%), Vitamin B3: 3.27mg (16.35%), Vitamin B2: 0.24mg (14.28%), Iron: 2.49mg (13.84%), Magnesium: 52.94mg (13.23%), Vitamin B6: 0.26mg (13.22%), Copper: 0.26mg (13.14%), Vitamin E: 1.93mg (12.9%), Vitamin B5: 1.04mg (10.38%), Zinc: 1.12mg (7.47%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.19µg (1.26%)