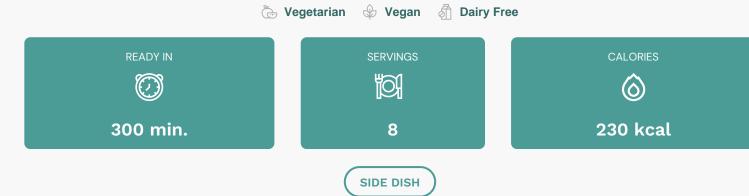


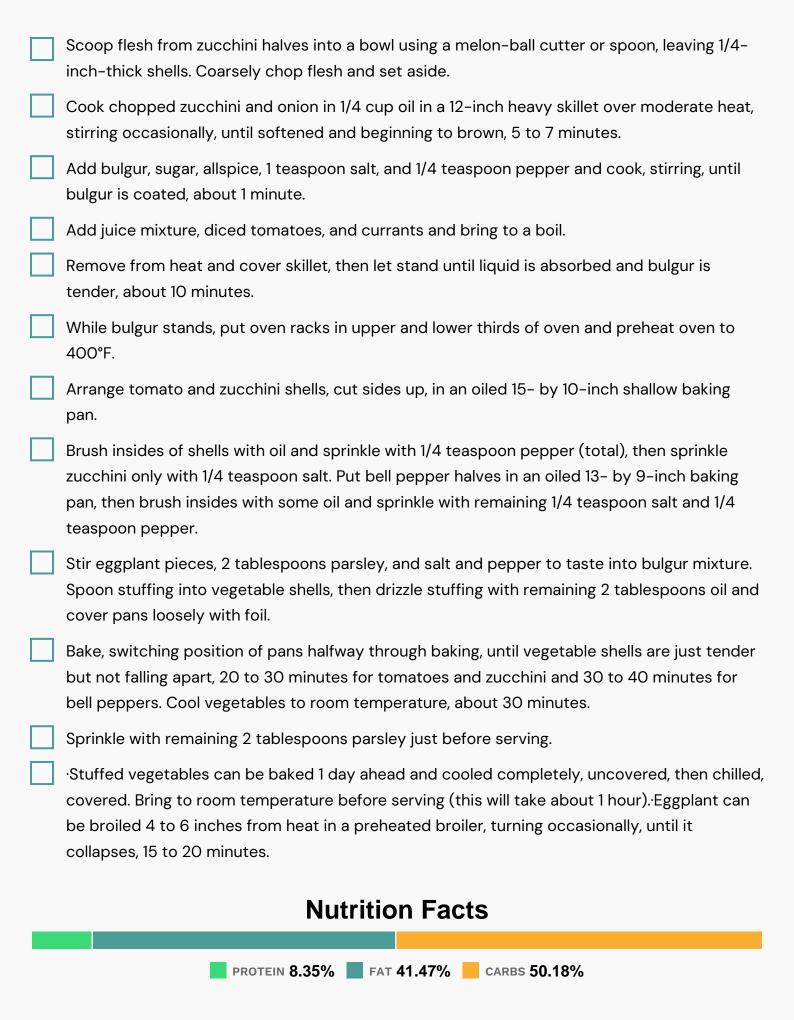
Eggplant-and-Bulgur-Stuffed Vegetables



Ingredients

U.8 teaspoon pepper black
0.7 cup bulgur
O.3 cup currants dried
1.5 lb eggplant
O.3 cup parsley fresh chopped
0.5 teaspoon ground allspice
6 tablespoons olive oil extra virgin extra-virgin for brushing vegetables
2 cups onion chopped

	4 small and orange peppers yellow with stems (2 lb total), halved lengthwise through stem, then ribs and seeds discarded (not baby)
	1.8 teaspoons salt
	0.5 teaspoon sugar
	8 small tomatoes ()
	1.5 lb zucchini halved lengthwise
Εq	uipment
	bowl
	frying pan
	oven
	sieve
	baking pan
	aluminum foil
	broiler
	tongs
	cutting board
Di	rections
	Heat skillet over moderate heat until hot, then cook eggplant, turning occasionally with tongs, until blackened on all sides and tender, 35 to 45 minutes.
	Transfer to a cutting board. When cool enough to handle, peel eggplant, then cut flesh into 1/2-inch pieces.
	While eggplant cooks, core tomatoes and cut off top 1/2 inch from each.
	Cut tops into 1/4-inch dice and set aside. Scoop out insides of tomatoes with a melon-ball cutter or a spoon into a medium-mesh sieve set over a bowl, leaving shells intact. Force pulp and juice through sieve, discarding seeds.
	Add enough water to juice to total 2 cups and set aside.
	Sprinkle tomato shells with 1/4 teaspoon salt, then invert onto a rack set in a shallow baking pan and drain 20 minutes.



Properties

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Luteolin: 0.27mg, Luteolin: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.38mg

Nutrients (% of daily need)

Calories: 230.28kcal (11.51%), Fat: 11.46g (17.63%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 22.72g (8.26%), Sugar: 14.82g (16.47%), Cholesterol: Omg (0%), Sodium: 530.79mg (23.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.19g (10.38%), Vitamin C: 82.71mg (100.25%), Vitamin K: 53.59µg (51.04%), Manganese: 0.96mg (48.01%), Vitamin A: 2272.04IU (45.44%), Fiber: 8.49g (33.95%), Potassium: 877.73mg (25.08%), Vitamin B6: 0.5mg (24.93%), Folate: 84.07µg (21.02%), Vitamin E: 2.98mg (19.89%), Magnesium: 68.4mg (17.1%), Phosphorus: 138.26mg (13.83%), Vitamin B3: 2.61mg (13.04%), Copper: 0.25mg (12.64%), Vitamin B1: 0.18mg (12.14%), Vitamin B2: 0.2mg (11.48%), Iron: 1.61mg (8.92%), Vitamin B5: 0.79mg (7.95%), Zinc: 1mg (6.64%), Calcium: 56.18mg (5.62%), Selenium: 0.99µg (1.41%)