



Eggplant-and-Bulgur-Stuffed Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.7 cup bulgur
- ☐ 0.3 cup currants dried
- ☐ 1.5 lb eggplant
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 6 tablespoons olive oil plus additional extra-virgin for brushing vegetables
- ☐ 2 cups onion chopped

- ☐ 4 small orange bell 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 round tomatoes ()
- ☐ 1.5 lb zucchini halved lengthwise

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs
- ☐ cutting board

Directions

- ☐ 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.

- ☐ Scoop flesh from zucchini halves into a bowl using a melon-ball cutter or spoon, leaving 1/4-inch-thick shells. Coarsely chop flesh and set aside.
- ☐ Cook chopped zucchini and onion in 1/4 cup oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened and beginning to brown, 5 to 7 minutes.
- ☐ Add bulgur, sugar, allspice, 1 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring, until bulgur is coated, about 1 minute.
- ☐ Add juice mixture, diced tomatoes, and currants and bring to a boil.
- ☐ Remove from heat and cover skillet, then let stand until liquid is absorbed and bulgur is tender, about 10 minutes.
- ☐ While bulgur stands, put oven racks in upper and lower thirds of oven and preheat oven to 400°F.
- ☐ Arrange tomato and zucchini shells, cut sides up, in an oiled 15- by 10-inch shallow baking pan.
- ☐ Brush insides of shells with oil and sprinkle with 1/4 teaspoon pepper (total), then sprinkle zucchini only with 1/4 teaspoon salt. Put bell pepper halves in an oiled 13- by 9-inch baking pan, then brush insides with some oil and sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Stir eggplant pieces, 2 tablespoons parsley, and salt and pepper to taste into bulgur mixture. Spoon stuffing into vegetable shells, then drizzle stuffing with remaining 2 tablespoons oil and cover pans loosely with foil.
- ☐ Bake, switching position of pans halfway through baking, until vegetable shells are just tender but not falling apart, 20 to 30 minutes for tomatoes and zucchini and 30 to 40 minutes for bell peppers. Cool vegetables to room temperature, about 30 minutes.
- ☐ Sprinkle with remaining 2 tablespoons parsley just before serving.
- ☐ Stuffed vegetables can be baked 1 day ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature before serving (this will take about 1 hour). Eggplant can be broiled 4 to 6 inches from heat in a preheated broiler, turning occasionally, until it collapses, 15 to 20 minutes.

Nutrition Facts



■ PROTEIN 8.35% ■ FAT 41.47% ■ CARBS 50.18%

Properties

Glycemic Index:45.39, Glycemic Load:7.7, Inflammation Score:-9, Nutrition Score:20.875217339267%

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 Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

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: 0mg (0%), Sodium: 530.79mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (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%)