



Eggplant and Green Pepper Kugel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds eggplant
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups bell pepper green finely chopped
- ☐ 0.8 cup matzo meal
- ☐ 3 cups onion finely chopped
- ☐ 1 teaspoon paprika
- ☐ 3 tablespoons pinenuts

- ☐ 1.5 teaspoons salt
- ☐ 2 teaspoons vegetable oil

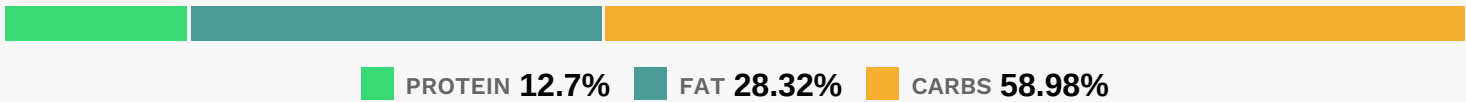
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Pierce eggplant several times with a fork; place on a foil-lined baking sheet.
- ☐ Bake at 450 for 20 minutes or until tender. Cool slightly; peel and chop.
- ☐ Place in a large bowl.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, and nuts. Cook 6 minutes or until onion is tender.
- ☐ Add onion mixture, salt, black pepper, and eggs to eggplant; stir well to combine.
- ☐ Add matzo meal; toss gently to combine. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with paprika.
- ☐ Bake at 450 for 35 minutes or until pudding is thoroughly heated and golden brown.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:11.414782648501%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 5.41g (8.32%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 19.8g (7.2%), Sugar: 7.46g (8.29%), Cholesterol: 46.5mg (15.5%), Sodium: 459.55mg (19.98%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.46g (10.92%), Manganese: 0.81mg (40.72%), Vitamin C: 29.43mg (35.67%), Fiber: 5.55g (22.19%), Vitamin B6: 0.28mg (13.77%), Selenium: 9.37µg (13.39%), Potassium: 457.96mg (13.08%), Folate: 48.67µg (12.17%), Phosphorus: 109.18mg (10.92%), Vitamin B1: 0.16mg (10.54%), Vitamin K: 10.85µg (10.33%), Copper: 0.2mg (10.19%), Vitamin B2: 0.17mg (10.18%), Magnesium: 39.53mg (9.88%), Vitamin B3: 1.65mg (8.25%), Iron: 1.39mg (7.73%), Vitamin E: 1.11mg (7.4%), Vitamin B5: 0.69mg (6.9%), Vitamin A: 323.06IU (6.46%), Zinc: 0.83mg (5.5%), Calcium: 37.5mg (3.75%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)