



Eggplant-and-Three-Cheese Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 large egg yolk
- ☐ 3 pounds slender eggplant peeled
- ☐ 4 large eggs separated
- ☐ 2 ounces fontina italian cut into 1/3-inch dice (1/3 cup)
- ☐ 3 large garlic cloves unpeeled
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated

- ☐ 0.5 cup pecorino pepato cheese grated
- ☐ 6 servings salt
- ☐ 2 tablespoons butter unsalted cut into 2 pieces

Equipment

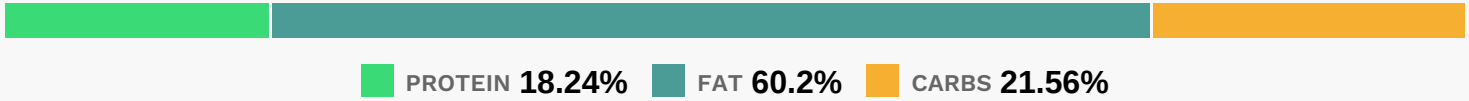
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 42
- ☐ Heat 1 tablespoon of the oil in each of 2 large ovenproof skillets until almost smoking. Season the eggplants with salt and arrange them in the skillets.
- ☐ Add a piece of butter to each and shake the pans over high heat to glaze the eggplants.
- ☐ Transfer the skillets to the oven and roast for about 40 minutes, or until tender and browned.
- ☐ Meanwhile, wrap the garlic in foil and roast for about 25 minutes, or until softened. Squeeze the garlic from the skins into a small dish. Leave the oven on.
- ☐ Working in 2 batches, puree the roasted eggplant with the garlic in a food processor. Scrape the puree into a bowl.
- ☐ In a small skillet, toast the cumin seeds over moderate heat until fragrant, about 40 seconds.
- ☐ Transfer to a mortar or spice grinder and let cool, then grind to a powder. Stir the cumin and 1/2 teaspoon salt into the eggplant puree, then add the egg yolks, Pecorino and Fontina.
- ☐ Butter a shallow 9-by-13-inch glass or ceramic baking dish.
- ☐ Sprinkle with 1 tablespoon of the Parmesan. In a large bowl, beat the egg whites with a pinch of salt until firm peaks form. Fold one-third of the beaten whites into the eggplant mixture, then gently fold in the remaining whites just until combined.

- ☐ Scrape into the prepared dish, sprinkle with the remaining 1 tablespoon of Parmesan and bake in the upper third of the oven for about 17 minutes, or until puffed and barely firm; serve.
- ☐ Notes: If you can't find Pecorino pepato, use plain Pecorino and add 1 teaspoon of coarsely cracked pepper.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:13.789130418197%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 266.78kcal (13.34%), Fat: 18.46g (28.4%), Saturated Fat: 7.93g (49.59%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 8.02g (2.92%), Sugar: 8.37g (9.3%), Cholesterol: 185.71mg (61.9%), Sodium: 452.79mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Manganese: 0.57mg (28.5%), Fiber: 6.84g (27.38%), Phosphorus: 241.91mg (24.19%), Selenium: 15.93µg (22.75%), Calcium: 202.88mg (20.29%), Vitamin B2: 0.31mg (18.27%), Folate: 71.14µg (17.79%), Potassium: 593.44mg (16.96%), Vitamin B6: 0.29mg (14.62%), Vitamin B5: 1.33mg (13.28%), Vitamin E: 1.94mg (12.94%), Vitamin K: 11.68µg (11.12%), Copper: 0.22mg (11.08%), Vitamin B12: 0.63µg (10.57%), Vitamin A: 526.11IU (10.52%), Magnesium: 41.99mg (10.5%), Zinc: 1.5mg (10.01%), Vitamin B1: 0.12mg (7.74%), Iron: 1.39mg (7.7%), Vitamin B3: 1.54mg (7.68%), Vitamin D: 1µg (6.64%), Vitamin C: 5.46mg (6.62%)