



Eggplant and Tomato Bake

READY IN



70 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 teaspoon basil dried
- 3 large eggplants
- 2 cloves garlic crushed
- 1 pinch ground pepper black
- 16 ounce yogurt plain low-fat
- 1 tablespoon olive oil
- 2 onions chopped
- 1 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated

- 1.5 teaspoons salt
- 10.8 ounce tomato purée canned
- 0.3 cup water
- 0.3 cup wheat germ whole wheat

Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- stove
- microwave
- steamer basket

Directions

- Slice the eggplants into 1/4 inch slices and lightly salt them. Leave them to sweat for 30 minutes. While the eggplant are set aside, saute the onions, garlic, and olive oil in a large skillet over a low heat, covering the pan with a lid to keep them moist.
- Saute the onions until they are soft and turning gold in color.
- Mix the basil, oregano, tomato puree, water, salt and pepper into the pan of onions and simmer for ten minutes.
- While the mixture is simmering, rinse off the eggplant slices and steam them either in a microwave steamer basket (in two batches at 10 minutes each) or in a steamer over the stove.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish with non-aerosol cooking spray.
- Spread 2 to 3 tablespoons of the tomato sauce-mixture over the bottom of the prepared baking dish. Arrange one layer of the eggplants on the bottom of the dish.
- Pour one third of the tomato sauce over the eggplant.
- Pour one container of yogurt over the tomato sauce. Repeat the eggplant layer, tomato sauce, yogurt, eggplants, and top the dish with the remaining tomato sauce.

Cover dish with foil and bake for 30 minutes. Uncover and sprinkle the wheat germ or breadcrumbs over the top of the casserole, followed by the Parmesan cheese.

Bake for another 20 to 30 minutes; until topping is golden brown.

Nutrition Facts

PROTEIN 17.2% **FAT 21.52%** **CARBS 61.28%**

Properties

Glycemic Index:20.25, Glycemic Load:2.91, Inflammation Score:-7, Nutrition Score:11.287825969574%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 134.98kcal (6.75%), Fat: 3.55g (5.47%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 15.93g (5.79%), Sugar: 13.03g (14.48%), Cholesterol: 4.49mg (1.5%), Sodium: 571.1mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Fiber: 6.85g (27.41%), Manganese: 0.55mg (27.35%), Potassium: 689.77mg (19.71%), Calcium: 158.26mg (15.83%), Phosphorus: 152.84mg (15.28%), Vitamin B6: 0.28mg (13.84%), Folate: 55.28µg (13.82%), Vitamin C: 10.69mg (12.95%), Vitamin B2: 0.22mg (12.95%), Vitamin K: 13.06µg (12.44%), Copper: 0.24mg (11.78%), Magnesium: 46.35mg (11.59%), Vitamin B5: 0.97mg (9.69%), Vitamin B1: 0.14mg (9.04%), Vitamin E: 1.33mg (8.88%), Vitamin B3: 1.7mg (8.5%), Iron: 1.47mg (8.15%), Zinc: 1.01mg (6.73%), Vitamin B12: 0.33µg (5.57%), Selenium: 3.31µg (4.73%), Vitamin A: 167IU (3.34%)