






 **23%**
HEALTH SCORE

Eggplant and Tomato Casserole

 Vegetarian  Vegan  Dairy Free

READY IN

50 min.

SERVINGS

4

CALORIES

240 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 0.3 cup balsamic vinegar
- 1 cup breadcrumbs dry for topping
- 1 medium eggplant sliced into 1/4 inch rounds
- 2 tablespoons olive oil
- 1 small onion halved sliced
- 4 servings salt to taste
- 4 servings salt and pepper to taste
- 4 medium tomatoes sliced

Equipment

- bowl
- frying pan
- oven
- baking pan
- casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Season the eggplant slices with salt, and let stand for about 10 minutes.
- Drain off liquid.
- Heat 3 tablespoons of olive oil in a large skillet over medium-high heat. Quickly brown the eggplant slices on each side.
- Place a layer of the eggplant slices in an 8 inch square baking dish or casserole dish.
- Place some tomato slices over the eggplant, and then a few slices of onion. Repeat layers until you run out of eggplant.
- Pour balsamic vinegar over everything. In a small bowl, stir together the bread crumbs and remaining olive oil. Season with salt and pepper.
- Spread in a layer over the vegetables.
- Bake for 25 to 30 minutes in the preheated oven, until the top is golden brown and the eggplant is tender.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:3.96, Inflammation Score:-8, Nutrition Score:13.809999979061%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 240.32kcal (12.02%), Fat: 8.9g (13.69%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 28.88g (10.5%), Sugar: 12.08g (13.42%), Cholesterol: 0mg (0%), Sodium: 598.17mg (26.01%), Alcohol: 0g (100%), Protein: 6.08g (12.16%), Manganese: 0.7mg (34.92%), Fiber: 6.42g (25.69%), Vitamin C: 20.67mg (25.05%), Vitamin B1: 0.36mg (23.95%), Vitamin A: 1051.28IU (21.03%), Folate: 75.86µg (18.96%), Vitamin K: 19.79µg (18.85%), Potassium: 650.18mg (18.58%), Vitamin B3: 3.29mg (16.43%), Vitamin E: 2.04mg (13.61%), Vitamin B6: 0.25mg (12.41%), Copper: 0.25mg (12.27%), Iron: 2.09mg (11.63%), Magnesium: 44.84mg (11.21%), Phosphorus: 109.65mg (10.97%), Vitamin B2: 0.18mg (10.55%), Selenium: 7.24µg (10.34%), Calcium: 80.65mg (8.07%), Vitamin B5: 0.6mg (6.02%), Zinc: 0.83mg (5.52%), Vitamin B12: 0.09µg (1.57%)