



Eggplant and Walnut Phyllo Pie

READY IN



180 min.

SERVINGS



8

CALORIES



377 kcal

Ingredients

- ☐ 3 pound eggplant peeled cut into 1/2-inch-thick rounds
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 medium leek white green (and pale parts only)
- ☐ 1.5 cups olive oil divided
- ☐ 2.5 oz pecorino cheese grated
- ☐ 7 inch sheets dough frozen thawed (12- by 7-inch)
- ☐ 5 oz cheddar cheese white grated
- ☐ 5.5 ounces walnuts chopped

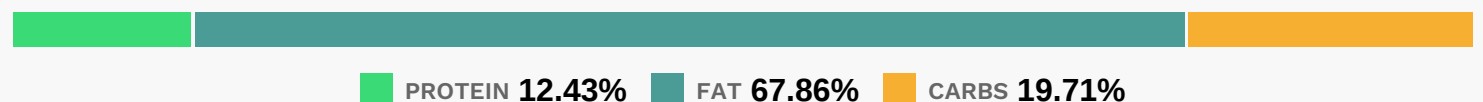
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Sprinkle eggplant with 1 1/2 teaspoons salt and drain in a colander 30 minutes; pat dry.
- ☐ Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat until hot, then fry eggplant in batches, adding about 3 tablespoons oil per batch and turning once, until tender and golden brown, 5 to 7 minutes total per batch.
- ☐ Drain on paper towels and cool to room temperature. Wipe skillet clean.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Halve leeks lengthwise and thinly slice. Wash and drain.
- ☐ Cook leeks in 2 tablespoons oil in skillet over medium heat until golden, 7 to 9 minutes.
- ☐ Transfer to a bowl.
- ☐ Chop eggplant; add to leeks with cheeses, nuts, cumin, and salt and pepper to taste.
- ☐ Trim phyllo sheets into 9-inch squares. Cover stack of phyllo with plastic wrap and a damp kitchen towel.
- ☐ Layer 10 sheets in a 9-inch square baking dish, lightly brushing each sheet with oil.
- ☐ Spread filling on top, then cover with remaining phyllo, brushing each sheet with oil.
- ☐ Cut several slits in phyllo (to vent) and bake until puffed and golden brown, 45 to 50 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:17.124347956284%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 376.58kcal (18.83%), Fat: 29.84g (45.91%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 12.41g (4.51%), Sugar: 7.95g (8.83%), Cholesterol: 26.93mg (8.98%), Sodium: 244.18mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Manganese: 1.25mg (62.36%), Fiber: 7.09g (28.36%), Calcium: 277.45mg (27.74%), Phosphorus: 271.96mg (27.2%), Vitamin K: 27.74µg (26.42%), Copper: 0.5mg (25.09%), Folate: 84.22µg (21.05%), Magnesium: 74.08mg (18.52%), Vitamin B6: 0.35mg (17.37%), Vitamin A: 818.45IU (16.37%), Potassium: 565.24mg (16.15%), Vitamin E: 2.29mg (15.25%), Vitamin B2: 0.22mg (13.05%), Selenium: 8.64µg (12.34%), Zinc: 1.82mg (12.15%), Iron: 2.12mg (11.79%), Vitamin B1: 0.18mg (11.71%), Vitamin C: 8.03mg (9.73%), Vitamin B3: 1.58mg (7.9%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.29µg (4.78%)