



Eggplant and Zucchini Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 cups colby cheese shredded
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 large eggplant diced
- ☐ 6 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 6 servings salt to taste
- ☐ 8 ounces bread stuffing mix dry
- ☐ 1 tomatoes chopped

- ☐ 2 cups water
- ☐ 2 large zucchini diced

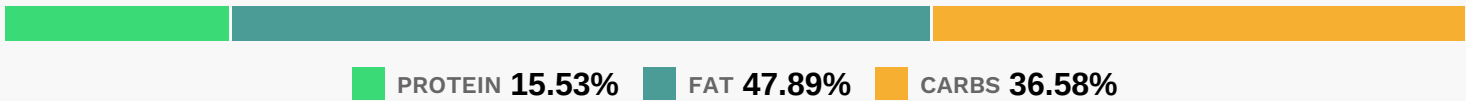
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In a microwavable bowl, mix water and margarine (cut into pieces). Stir in stuffing mix and cover with a microwavable lid. Cook on HIGH for 8 to 10 minutes. Fluff with fork.
- ☐ Place eggplant, zucchini, tomato, onion into a large skillet. Season with thyme, salt, and pepper. Cook and stir over medium low heat for 15 to 20 minutes.
- ☐ Remove from heat.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- ☐ Layer vegetables, cheese, and stuffing in the dish until all ingredients have been used, ending with cheese.
- ☐ Bake for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:19.183478199917%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 435.31kcal (21.77%), Fat: 23.54g (36.21%), Saturated Fat: 14.14g (88.38%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 35.24g (12.81%), Sugar: 10.07g (11.19%), Cholesterol: 62.24mg (20.75%), Sodium: 1066.6mg (46.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Calcium: 376.75mg (37.67%), Selenium: 25.17µg (35.95%), Manganese: 0.67mg (33.54%), Phosphorus: 326.58mg (32.66%), Vitamin C: 25.2mg (30.55%), Folate: 121.37µg (30.34%), Vitamin B2: 0.46mg (27.06%), Vitamin B1: 0.33mg (21.84%), Vitamin A: 1082.26IU (21.65%), Fiber: 5.22g (20.88%), Potassium: 685mg (19.57%), Vitamin B6: 0.37mg (18.59%), Vitamin B3: 3.36mg (16.79%), Magnesium: 62.23mg (15.56%), Zinc: 2.26mg (15.09%), Iron: 2.66mg (14.79%), Vitamin K: 14.27µg (13.59%), Copper: 0.26mg (13.11%), Vitamin B5: 0.73mg (7.29%), Vitamin B12: 0.39µg (6.48%), Vitamin E: 0.97mg (6.46%), Vitamin D: 0.26µg (1.76%)