






 **10%**  
HEALTH SCORE

# Eggplant and Zucchini Casserole

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**609 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 tablespoons butter
- 2 cups colby cheese shredded
- 2 cups colby cheese shredded
- 1 teaspoon thyme dried
- 1 large eggplant diced
- 6 servings 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

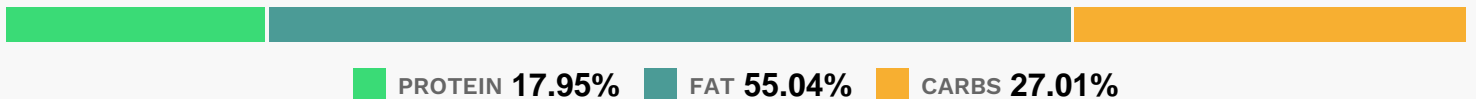
## Equipment

- 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:23.939565119536%

## 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: 608.67kcal (30.43%), Fat: 37.66g (57.94%), Saturated Fat: 23.03g (143.93%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 36.37g (13.22%), Sugar: 10.3g (11.44%), Cholesterol: 104.04mg (34.68%), Sodium: 1332.36mg (57.93%), Alcohol: 0g (100%), Protein: 27.64g (55.28%), Calcium: 678.15mg (67.81%), Phosphorus: 527.66mg (52.77%), Selenium: 31.55µg (45.07%), Vitamin B2: 0.63mg (36.77%), Manganese: 0.68mg (33.81%), Folate: 129.29µg (32.32%), Vitamin C: 25.2mg (30.55%), Vitamin A: 1519.62IU (30.39%), Zinc: 3.61mg (24.09%), Vitamin B1: 0.33mg (22.28%), Potassium: 740.88mg (21.17%), Fiber: 5.22g (20.88%), Vitamin B6: 0.41mg (20.32%), Magnesium: 73.67mg (18.42%), Vitamin B3: 3.4mg (16.99%), Iron: 3mg (16.64%), Vitamin K: 15.46µg (14.72%), Copper: 0.28mg (14.03%), Vitamin B12: 0.75µg (12.56%), Vitamin B5: 0.82mg (8.22%), Vitamin E: 1.09mg (7.28%), Vitamin D: 0.53µg (3.52%)