



Eggplant Bruschette

READY IN



120 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1 crusty baguette
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 lb eggplant
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon rosemary leaves fresh finely chopped
- ☐ 0.5 teaspoon thyme sprigs fresh finely chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon oregano fresh finely chopped

- ☐ 2 tablespoons parmesan finely grated

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ cutting board

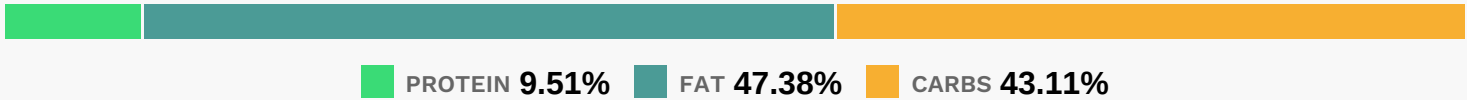
Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Cut off and discard 1 end of baguette, then cut 12 (1/4-inch-thick) crosswise slices from baguette (reserve remainder for another use). Lightly brush 1 side of each slice with some oil (about 1 tablespoon total) and arrange, oiled sides up, on a baking sheet. Toast until golden, 8 to 10 minutes. While toasts are still warm, rub oiled sides with cut side of garlic clove half, then transfer to a rack to cool. Reduce oven temperature to 350°F.
- ☐ Halve eggplant lengthwise and make shallow 1/2-inch-long incisions all over cut sides with tip of a paring knife. Arrange eggplant, cut sides up (without crowding), in a shallow baking dish and add unpeeled garlic clove.
- ☐ Sprinkle thyme, rosemary, oregano, sea salt, and pepper over eggplant, then drizzle eggplant and garlic with 2 tablespoons oil.
- ☐ Bake until garlic is very tender, 30 to 35 minutes, then transfer garlic to a cutting board and continue to bake eggplant until very tender, 20 to 25 minutes more. When garlic is cool enough to handle, squeeze flesh from peel onto cutting board.
- ☐ Transfer eggplant to cutting board and let stand until cool enough to handle, about 15 minutes. Scrape out flesh with a spoon onto cutting board, discarding peel. Finely chop eggplant and garlic together and transfer to a bowl.
- ☐ Add parsley and remaining tablespoon oil, then stir until combined well. Season with sea salt and pepper to taste.
- ☐ Top toasts with eggplant mixture and sprinkle with cheese.

· Toasts, without eggplant topping, can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature. Recrisp in a preheated 200°F oven 5 minutes.

· Eggplant mixture, without parsley, can be made 1 day ahead and chilled, covered. Bring to room temperature, about 1 hour, then stir in parsley.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:21.17, Inflammation Score:-6, Nutrition Score:10.693913120938%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 310.72kcal (15.54%), Fat: 16.47g (25.34%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 30.58g (11.12%), Sugar: 4.97g (5.52%), Cholesterol: 1.7mg (0.57%), Sodium: 573.68mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin K: 29.61µg (28.2%), Vitamin B1: 0.39mg (25.87%), Manganese: 0.44mg (22.13%), Folate: 81.47µg (20.37%), Selenium: 11.49µg (16.42%), Vitamin B3: 3.24mg (16.18%), Vitamin E: 2.4mg (16.03%), Iron: 2.54mg (14.14%), Vitamin B2: 0.23mg (13.7%), Fiber: 3.15g (12.61%), Calcium: 105.24mg (10.52%), Phosphorus: 91.47mg (9.15%), Magnesium: 26.64mg (6.66%), Copper: 0.13mg (6.35%), Potassium: 219.32mg (6.27%), Vitamin B6: 0.12mg (5.91%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.41mg (4.14%), Vitamin C: 2.98mg (3.61%), Vitamin A: 131.33IU (2.63%)