



Eggplant Crisps with Skordalia and Oven-Dried Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



860 kcal

Ingredients

- 1 cup almonds cooled toasted sliced finely
- 0.3 cup butter ()
- 2 cups breadcrumbs dry
- 6 large egg whites
- 0.8 cup basil fresh thinly sliced
- 0.8 cup basil fresh thinly sliced
- 1 teaspoon thyme sprigs fresh chopped
- 1 head garlic

- 1 garlic clove minced
- 1 tablespoon juice of lemon fresh
- 1 cup oil-cured olives
- 1 tablespoon olive oil extra virgin extra-virgin
- 6 plum tomatoes cored halved lengthwise seeded
- 1 pound baking potatoes peeled cut into 3/4-inch cubes
- 1 tablespoon cream sour
- 4 cups vegetable oil for frying ()
- 6 tablespoons whipping cream
- 4 cups milk whole

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- oven
- whisk
- aluminum foil
- spatula

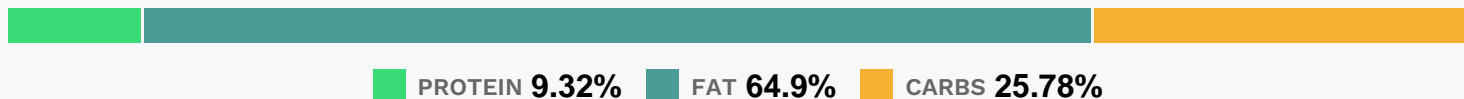
Directions

- Preheat oven to 300°F. Line rimmed baking sheet with parchment paper.
- Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes.
- Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and

refrigerate.)

- Preheat oven to 350°F.
- Cut top 1/2 inch off garlic head, exposing cloves.
- Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins.
- Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan.
- Remove from heat; whisk in sour cream.
- Add potatoes to cream mixture and mash.
- Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)
- Soak eggplant slices in milk in large bowl 1 hour.
- Drain; pat dry.
- Sprinkle eggplant lightly with salt.
- Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then breadcrumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.)
- Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain.
- Sprinkle with salt and pepper.
- Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice.
- Garnish with olives and serve.

Nutrition Facts



Properties

Glycemic Index:77.63, Glycemic Load:14.95, Inflammation Score:-9, Nutrition Score:30.065652183864%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 859.57kcal (42.98%), Fat: 63.4g (97.53%), Saturated Fat: 17.81g (111.33%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 50.38g (18.32%), Sugar: 13.82g (15.36%), Cholesterol: 57.99mg (19.33%), Sodium: 804.85mg (34.99%), Alcohol: 0g (100%), Protein: 20.48g (40.97%), Vitamin K: 90.46µg (86.15%), Vitamin E: 8.37mg (55.8%), Manganese: 1.04mg (52.12%), Vitamin B2: 0.77mg (45.56%), Vitamin B1: 0.58mg (38.58%), Phosphorus: 384.06mg (38.41%), Calcium: 372.93mg (37.29%), Vitamin A: 1671.59IU (33.43%), Selenium: 21.27µg (30.38%), Potassium: 1014.45mg (28.98%), Magnesium: 113.97mg (28.49%), Vitamin B6: 0.56mg (28.24%), Fiber: 6.26g (25.06%), Vitamin B3: 4.47mg (22.33%), Copper: 0.44mg (22.16%), Vitamin C: 17.1mg (20.73%), Iron: 3.64mg (20.21%), Folate: 73.03µg (18.26%), Vitamin B12: 1.08µg (17.97%), Zinc: 2.18mg (14.52%), Vitamin D: 2.03µg (13.53%), Vitamin B5: 1.33mg (13.31%)