



Eggplant Crisps with Skordalia and Oven-Dried Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



861 kcal

Ingredients

- ☐ 1 cup almonds cooled toasted sliced finely
- ☐ 0.3 cup butter ()
- ☐ 2 cups breadcrumbs dry
- ☐ 6 large egg whites
- ☐ 18.3 inch eggplant (cut from 1 large)
- ☐ 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

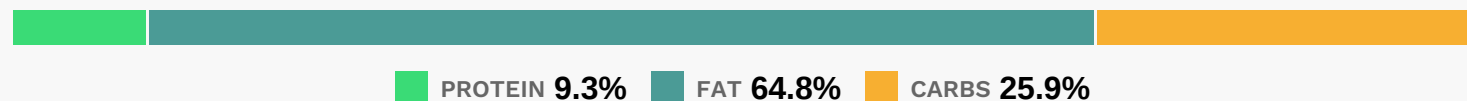
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

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:70.96, Glycemic Load:14.99, Inflammation Score:-9, Nutrition Score:29.370435009832%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 6.62mg, Delphinidin: 6.62mg, Delphinidin: 6.62mg, Delphinidin: 6.62mg 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: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 860.81kcal (43.04%), Fat: 63.39g (97.53%), Saturated Fat: 17.81g (111.34%), Carbohydrates: 57.02g (19.01%), Net Carbohydrates: 50.57g (18.39%), Sugar: 14.09g (15.65%), Cholesterol: 57.99mg (19.33%), Sodium: 804.89mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.93%), Vitamin K: 78.28µg (74.55%), Vitamin E: 8.37mg (55.79%), Manganese: 1.03mg (51.29%), Vitamin B2: 0.78mg (45.59%), Vitamin B1: 0.58mg (38.71%), Phosphorus: 384.24mg (38.42%), Calcium: 368.31mg (36.83%), Selenium: 21.28µg (30.4%), Vitamin A: 1515.12IU (30.3%), Potassium: 1023.29mg (29.24%), Vitamin B6: 0.57mg (28.34%), Magnesium: 113.13mg (28.28%), Fiber: 6.45g (25.79%), Vitamin B3: 4.49mg (22.45%), Copper: 0.44mg (21.9%), Vitamin C: 16.73mg (20.28%), Iron: 3.56mg (19.78%), Folate: 72.69µg (18.17%), Vitamin B12: 1.08µg (17.97%), Zinc: 2.17mg (14.44%), Vitamin D: 2.03µg (13.53%), Vitamin B5: 1.35mg (13.47%)