



## Eggplant Cups with Cornbread Stuffing

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

### Ingredients

- 2 tablespoons canola oil
- 0.5 cup chicken broth
- 8 servings chives chopped for garnish, if desired
- 2 small corn muffins crumbled
- 5 japanese eggplants
- 3 sausages italian
- 1 teaspoon penzey's southwest seasoning italian
- 8 servings kosher salt and pepper black freshly ground

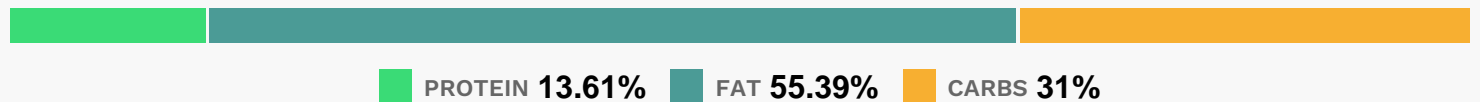
## Equipment

- frying pan
- baking sheet
- oven
- melon baller

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Cut the eggplants into 1-inch chunks. Scoop out the flesh with a melon baller or teaspoon measure to form small cups, making sure not to go all the way through the bottom. Lightly spray a baking sheet with nonstick cooking spray.
- Place the cups, scooped side up, onto the sheet pan and lightly spray them with cooking spray. Season them with salt and pepper.
- Bake the cups until they are just softened but not collapsed, 10 to 15 minutes.
- While the eggplant cups are baking, heat the oil in a skillet over medium heat.
- Add the sausage, breaking it up with a fork, and cook for 6 to 8 minutes until cooked through. Stir in the corn muffin crumbles, broth, and Italian seasoning. Cook until the liquid is absorbed, about 2 minutes. Fill the eggplant cups with the sausage mixture.
- Transfer to platter and garnished with chopped chives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.44, Glycemic Load:4.87, Inflammation Score:-6, Nutrition Score:14.349130578663%

## Flavonoids

Delphinidin: 245.29mg, Delphinidin: 245.29mg, Delphinidin: 245.29mg, Delphinidin: 245.29mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

0.16mg

## Nutrients (% of daily need)

Calories: 271.28kcal (13.56%), Fat: 17.56g (27.01%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 12.84g (4.67%), Sugar: 11.21g (12.45%), Cholesterol: 32.21mg (10.74%), Sodium: 367.57mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Manganese: 0.76mg (38.07%), Fiber: 9.28g (37.11%), Vitamin B1: 0.38mg (25.02%), Potassium: 820.36mg (23.44%), Vitamin B6: 0.4mg (20.08%), Folate: 73.11µg (18.28%), Vitamin B3: 3.65mg (18.24%), Selenium: 11.4µg (16.29%), Vitamin K: 16.45µg (15.67%), Phosphorus: 147.17mg (14.72%), Copper: 0.28mg (14.15%), Magnesium: 53.15mg (13.29%), Vitamin B5: 1.2mg (12.03%), Vitamin B2: 0.2mg (11.79%), Vitamin C: 8.95mg (10.85%), Vitamin E: 1.55mg (10.31%), Zinc: 1.37mg (9.14%), Iron: 1.38mg (7.68%), Vitamin B12: 0.39µg (6.42%), Calcium: 39.93mg (3.99%), Vitamin A: 172.98IU (3.46%)