

Eggplant Delight



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1 medium eggplant sliced into 1/2 inch rounds
- ☐ 1 medium onion sliced into rings
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 3 tablespoons vegetable oil

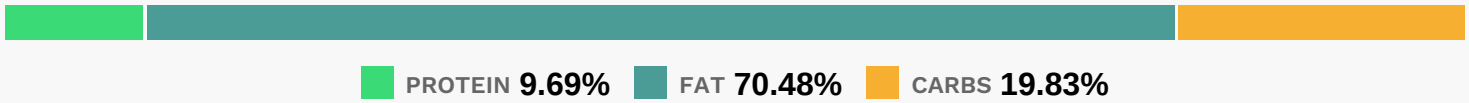
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion, and saute until browned.
- ☐ Remove the onion to a bowl, and place eggplant slices in the hot skillet. Fry on both sides until browned and tender. Season with salt and pepper. When the eggplant is tender, top slices with onion, and then cover with cheese. Allow cheese to melt for a few minutes before placing on plates and serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:7.0630434881086%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 187.42kcal (9.37%), Fat: 15.24g (23.44%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.25g (5.84%), Cholesterol: 14.13mg (4.71%), Sodium: 289.56mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin K: 23.21µg (22.11%), Fiber: 3.9g (15.61%), Manganese: 0.3mg (15.15%), Calcium: 116.61mg (11.66%), Phosphorus: 100.15mg (10.01%), Potassium: 313.27mg (8.95%), Vitamin E: 1.29mg (8.6%), Folate: 33.38µg (8.35%), Vitamin B6: 0.14mg (6.95%), Vitamin B2: 0.11mg (6.59%), Selenium: 4.48µg (6.4%), Magnesium: 22.6mg (5.65%), Vitamin C: 4.55mg (5.52%), Copper: 0.11mg (5.41%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.41mg (4.14%), Vitamin B1: 0.06mg (4.09%), Vitamin B3: 0.78mg (3.91%), Vitamin A: 168.42IU (3.37%), Vitamin B12: 0.15µg (2.5%), Iron: 0.35mg (1.93%)