



Eggplant Kuku

 Gluten Free

READY IN



6720 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1.5 lb eggplant halved lengthwise
- 6 large eggs separated
- 1 garlic clove minced
- 2.5 tablespoons juice of lemon fresh
- 4 servings olive oil for greasing
- 0.5 oz parmesan with a rasp (1/2 cup) finely grated
- 1 teaspoon salt

- 4 servings yogurt fresh chopped
- 4 servings yogurt fresh chopped
- 2 tablespoons butter unsalted melted

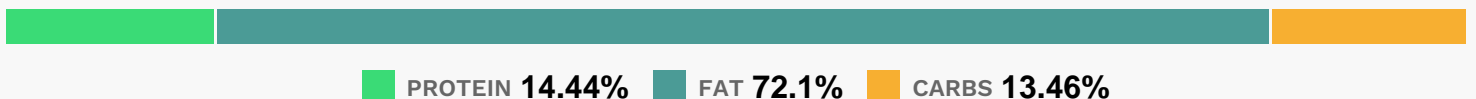
Equipment

- food processor
- bowl
- oven
- baking pan
- hand mixer

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Bake eggplant, cut sides down, in an oiled shallow baking pan until very tender, about 30 minutes. When cool enough to handle, scrape flesh into a food processor, discarding skin, and purée until smooth.
- Add egg yolks, cheese, garlic, lemon juice, pepper, and 3/4 teaspoon salt and pulse until blended.
- Transfer to a bowl.
- Pour melted butter into a 6-cup (1 1/2-quart) gratin dish or a 9 1/2-inch deep-dish pie plate and tilt to coat bottom. Beat egg whites with remaining 1/4 teaspoon salt using an electric mixer at medium speed until they just hold stiff peaks. Fold one third of whites into eggplant mixture to lighten, then fold in remaining whites gently but thoroughly. Spoon into gratin dish.
- Bake until golden and puffed, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:14.592173762943%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 342.23kcal (17.11%), Fat: 28.07g (43.18%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 6.61g (2.4%), Sugar: 6.71g (7.46%), Cholesterol: 296.5mg (98.83%), Sodium: 750.88mg (32.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Selenium: 24.6µg (35.14%), Vitamin B2: 0.43mg (25.12%), Vitamin E: 3.5mg (23.33%), Manganese: 0.45mg (22.39%), Phosphorus: 220.83mg (22.08%), Fiber: 5.18g (20.71%), Folate: 75.29µg (18.82%), Vitamin B5: 1.68mg (16.83%), Potassium: 517.65mg (14.79%), Vitamin K: 15.38µg (14.65%), Vitamin B6: 0.29mg (14.44%), Vitamin A: 648.18IU (12.96%), Vitamin B12: 0.73µg (12.24%), Vitamin D: 1.62µg (10.82%), Calcium: 107.9mg (10.79%), Iron: 1.85mg (10.29%), Copper: 0.2mg (10.01%), Vitamin C: 7.62mg (9.24%), Zinc: 1.38mg (9.19%), Magnesium: 35.87mg (8.97%), Vitamin B1: 0.1mg (6.86%), Vitamin B3: 1.19mg (5.95%)