



Eggplant Lentil Stew with Pomegranate Molasses



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



190 min.

SERVINGS



6

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pound globe eggplant for 1 1/2 pounds (or enough eggplants)
- ☐ 6 servings salt
- ☐ 0.5 cup brown lentils
- ☐ 6 servings water
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 4 medium garlic cloves minced

- ☐ 2 medium tomatoes chopped
- ☐ 2 long chiles green such as anaheims—stemmed, seeded and coarsely chopped
- ☐ 2 tablespoons mint leaves chopped (spearmint)
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup pomegranate molasses

Equipment

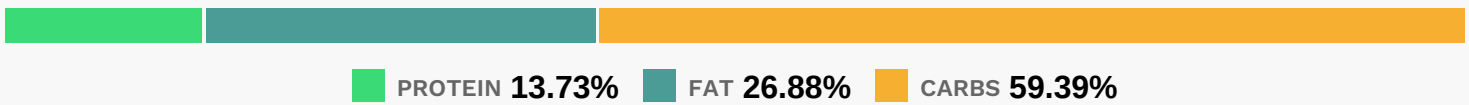
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Salt eggplant slices to drain of excess moisture: Partially peel the eggplant so it has lengthwise stripes, then cut it lengthwise into 4 slices. Score each slice on 1 side in a crosshatch pattern.
- ☐ Cut each slice crosswise into 3 pieces and set on a rimmed baking sheet.
- ☐ Sprinkle with salt.
- ☐ Let stand for 1 hour.
- ☐ Cook the lentils: In a small saucepan, cover the lentils with 2 inches of water and bring to a boil. Reduce the heat to moderate and simmer until tender, about 15 minutes.
- ☐ Drain the lentils.
- ☐ Coat a small (3-quart) enameled cast-iron Dutch oven or casserole dish with 1 tablespoon of the olive oil.
- ☐ Mix vegetables: In a bowl, toss the onion with the garlic, tomatoes, green chiles, mint, tomato paste, crushed red pepper and 2 teaspoons of salt.
- ☐ Layer pot with eggplant slices, vegetables, and lentils: Rinse the eggplant and pat dry.

- ☐
- Spread 1/2 cup of the vegetable mixture in the Dutch oven and top with half of the eggplant. Cover with half of the lentils and half of the remaining vegetable mixture. Top with the remaining eggplant, lentils and vegetables.
- ☐
- Pour the remaining olive oil around the side and over the vegetables, then drizzle with the pomegranate molasses.
- ☐
- Cook the stew:
- ☐
- Heat the stew until the liquid in the stew is simmering. Cover and cook over low heat until the eggplant is very tender, about 1 1/2 hours.
- ☐
- Serve hot, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.43, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:11.921739246534%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.26kcal (8.61%), Fat: 5.32g (8.19%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 16.57g (6.03%), Sugar: 10.48g (11.64%), Cholesterol: 0mg (0%), Sodium: 284.97mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Fiber: 9.89g (39.58%), Manganese: 0.61mg (30.46%), Folate: 113.52µg (28.38%), Potassium: 582.67mg (16.65%), Vitamin C: 13.71mg (16.62%), Vitamin B1: 0.21mg (14.31%), Vitamin B6: 0.27mg (13.55%), Copper: 0.27mg (13.31%), Phosphorus: 121.27mg (12.13%), Magnesium: 47.19mg (11.8%), Vitamin K: 11.4µg (10.85%), Iron: 1.86mg (10.32%), Vitamin A: 510.57IU (10.21%), Vitamin E: 1.48mg (9.89%), Vitamin B3: 1.55mg (7.76%), Zinc: 1.13mg (7.56%), Vitamin B5: 0.74mg (7.42%), Vitamin B2: 0.1mg (5.88%), Calcium: 43.65mg (4.37%), Selenium: 2.2µg (3.15%)