



 4%
HEALTH SCORE

Eggplant Marinara Flatbread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

Ingredients

- 0.3 cup basil fresh whole chopped (for garnish)
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- 6.3 inch eggplant (3 to 4 inches in diameter; from 1 large)
- 2 ounces goat cheese fresh soft
- 1.3 cups tomatoes fresh
- 4 ounces mozzarella cheese grated
- 4 tablespoons olive oil divided ()

Equipment

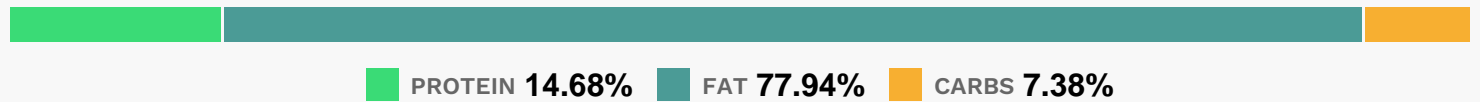
- frying pan

oven

Directions

- Preheat oven to 400°F.
- Heat 2 tablespoons oil in large skillet over medium-high heat.
- Sprinkle eggplant with salt and pepper.
- Place in skillet. Cover. Cook until tender, turning, 10 minutes.
- Transfer to plate.
- Brush cut side of bottom half of bread with rest of oil. Cook in skillet, cut side down, until golden, 1 minute.
- Place bread, cut side up, on baking sheet.
- Spread with 3/4 cup sauce. Crumble goat cheese over; sprinkle with chopped basil. Top with eggplant. Mound mozzarella on eggplant; spoon remaining sauce over.
- Bake bread until topping is hot and crust is crisp, about 12 minutes.
- Cut into 6 pieces.
- Garnish with basil leaves
- Per serving: 289 calories, 17 g fat, 4 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 40.33, Glycemic Load: 1.03, Inflammation Score: -4, Nutrition Score: 6.1817390815071%

Flavonoids

Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 177.69kcal (8.88%), Fat: 15.72g (24.19%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.46g (0.9%), Sugar: 2.2g (2.44%), Cholesterol: 19.28mg (6.43%), Sodium: 395.56mg (17.2%),

Alcohol: Og (100%), Protein: 6.66g (13.33%), Vitamin K: 18.81µg (17.92%), Vitamin E: 2.16mg (14.41%), Calcium: 120.87mg (12.09%), Vitamin A: 587.67IU (11.75%), Phosphorus: 107.01mg (10.7%), Vitamin B12: 0.45µg (7.48%), Vitamin B2: 0.13mg (7.39%), Copper: 0.14mg (7.12%), Selenium: 3.8µg (5.43%), Manganese: 0.11mg (5.33%), Potassium: 182.51mg (5.21%), Zinc: 0.78mg (5.18%), Iron: 0.9mg (4.98%), Vitamin C: 4.11mg (4.98%), Vitamin B6: 0.09mg (4.35%), Magnesium: 15.03mg (3.76%), Fiber: 0.89g (3.55%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.26mg (2.62%), Folate: 9.45µg (2.36%), Vitamin B1: 0.03mg (1.77%)