



Eggplant Marinara Flatbread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

Ingredients

- ☐ 0.3 cup basil fresh whole chopped (for garnish)
- ☐ 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 ()
- ☐ 1 loaf frangelico trimmed to 9-inch length
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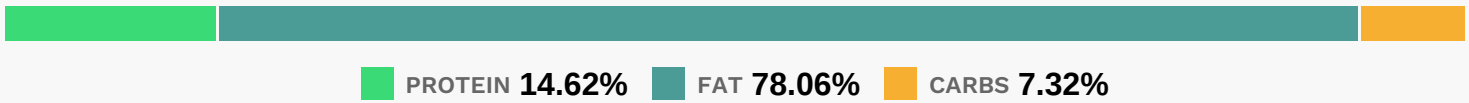
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat 2 tablespoonsoil in large skillet over medium-high heat.
- ☐ Sprinkle eggplant with salt and pepper.
- ☐ Placein skillet. Cover. Cook until tender, turning, 10minutes.
- ☐ Transfer to plate.
- ☐ Brush cut side ofbottom half of bread with rest of oil. Cook inskillet, cut side down, until golden, 1 minute.
- ☐ Place bread, cut side up, on bakingsheet.
- ☐ Spread with 3/4 cup sauce. Crumblegoat cheese over; sprinkle with choppedbasil. Top with eggplant. Mound mozzarellaon eggplant; spoon remaining sauce over.
- ☐ Bake bread until topping is hot and crustis 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:28.67, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:5.7643478538679%

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: 177.38kcal (8.87%), Fat: 15.72g (24.18%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.45g (0.89%), Sugar: 2.19g (2.44%), Cholesterol: 19.28mg (6.43%), Sodium: 395.51mg (17.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin E: 2.15mg (14.34%), Vitamin K: 13.28µg (12.65%), Calcium: 118.51mg (11.85%), Phosphorus: 106.27mg (10.63%), Vitamin A: 517.34IU (10.35%), Vitamin B12: 0.45µg (7.48%), Vitamin B2: 0.12mg (7.33%), Copper: 0.14mg (6.86%), Selenium: 3.8µg (5.42%), Zinc: 0.77mg (5.11%), Potassium: 178.58mg (5.1%), Iron: 0.85mg (4.74%), Vitamin C: 3.87mg (4.69%), Manganese: 0.09mg (4.56%), Vitamin B6: 0.09mg (4.25%), Magnesium: 14.18mg (3.54%), Fiber: 0.87g (3.47%), Vitamin B3: 0.6mg (2.98%), Vitamin B5: 0.26mg (2.59%), Folate: 8.55µg (2.14%), Vitamin B1: 0.03mg (1.74%)