

Eggplant Paprikash

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tablespoon cashew butter
- 1.5 pounds eggplant cut into 1-inch cubes (2 medium)
- 14 ounce canned tomatoes diced fire roasted canned (I used Muir Glen)
- 3 cloves garlic minced
- 1 tablespoon juice of lemon
- 0.1 teaspoon liquid smoke
- 1 large onion halved cut into thin wedges
- 3 tablespoons paprika

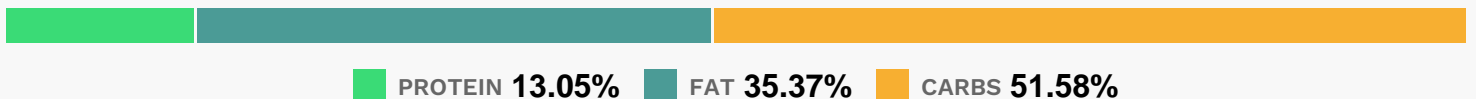
- 0.5 teaspoon bell pepper red
- 0.3 tsp salt
- 6 ounces silken tofu
- 0.5 cup cream sour (see below)
- 1 cup vegetable stock
- 2 bell pepper red yellow sliced (I used and)

Equipment

Directions

- Add the garlic, paprika, and red pepper (optional), and stir for one minute.
- Add the salt, eggplant, peppers, vegetable broth, and tomatoes. Cover and simmer until the eggplant is tender, about 15–20 minutes. When the eggplant is done, check the seasonings and add more salt if necessary. Stir in the Liquid Smoke (optional) and the sour cream, and cook for another minute, until warmed through.
- Serve over pasta (I used Tinkyada Pasta Joy brown rice noodles) or rice.
- Serves 4.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:22.353478379872%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 210.32kcal (10.52%), Fat: 8.97g (13.79%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 19.68g (7.16%), Sugar: 15.11g (16.79%), Cholesterol: 16.96mg (5.65%), Sodium: 556.14mg (24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin C: 87.71mg (106.32%), Vitamin A: 5209.51IU (104.19%), Fiber: 9.74g (38.97%), Manganese: 0.65mg (32.61%), Vitamin B6: 0.53mg (26.33%), Potassium: 827.47mg (23.64%), Vitamin E: 3.11mg (20.75%), Folate: 78.72µg (19.68%), Copper: 0.35mg (17.29%), Magnesium: 65.44mg (16.36%), Iron: 2.89mg (16.05%), Vitamin B2: 0.26mg (15.35%), Phosphorus: 145.2mg (14.52%), Vitamin K: 13.73µg (13.08%), Vitamin B1: 0.19mg (12.9%), Vitamin B3: 2.47mg (12.35%), Calcium: 117.43mg (11.74%), Vitamin B5: 0.99mg (9.86%), Zinc: 1.16mg (7.76%), Selenium: 2.71µg (3.88%), Vitamin B12: 0.06µg (1.01%)