



Eggplant-Pepper Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



7

CALORIES



221 kcal

SAUCE

Ingredients

- 7 servings pepper black freshly ground
- 28 ounce canned tomatoes diced drained canned
- 1 pound eggplant (1 medium eggplant)
- 0.3 cup basil fresh coarsely chopped
- 4 medium garlic clove
- 7 servings kosher salt
- 8 tablespoons olive oil
- 2 medium and orange peppers red yellow

- 2 tablespoons oregano fresh coarsely chopped
- 0.3 cup parsley fresh italian coarsely chopped
- 2 cups vegetable broth low-sodium
- 1 medium onion yellow

Equipment

- bowl
- frying pan
- paper towels
- colander

Directions

- Trim and cut the eggplant into medium dice; place in a colander in the sink. Generously salt the eggplant and toss to coat. Weight it down with a bowl (the bowl should be pressing on the diced eggplant without crushing it) and let drain for 20 minutes. Meanwhile, cut the remaining vegetables: Core and seed the bell peppers, then cut them into medium dice.
- Place in a large bowl.
- Cut the onion into medium dice and add it to the bowl. Finely chop the garlic cloves and add them to the bowl. Set the bowl aside. When the eggplant is ready, lightly blot it with paper towels to remove any excess moisture.
- Heat 6 tablespoons of the olive oil in a large straight-sided skillet or frying pan over medium heat until shimmering.
- Add the eggplant in an even layer and let it sit, undisturbed, until it begins to soften, about 5 minutes. Stir and continue cooking, stirring occasionally, until the eggplant begins to brown, about 8 minutes more.
- Remove the eggplant to a medium bowl and set aside.
- Add the remaining 2 tablespoons of olive oil to the pan and heat until shimmering.
- Add the reserved bell peppers, onion, and garlic and season generously with salt and pepper. Cook, stirring occasionally, until softened, about 8 to 10 minutes.
- Add the browned eggplant, canned tomatoes, vegetable broth or water, and oregano and stir to combine. Bring to a simmer and cook, stirring occasionally, until the sauce has thickened slightly and the vegetables are very soft, about 30 minutes. Stir in the basil and parsley. Taste

and season with additional salt and pepper as needed.

Nutrition Facts

PROTEIN 6.13% **FAT 63.13%** **CARBS 30.74%**

Properties

Glycemic Index:42.29, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:17.426521804022%

Flavonoids

Delphinidin: 55.53mg, Delphinidin: 55.53mg, Delphinidin: 55.53mg, Delphinidin: 55.53mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 220.96kcal (11.05%), Fat: 16.65g (25.61%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 12.11g (4.4%), Sugar: 9.76g (10.84%), Cholesterol: 0mg (0%), Sodium: 348.99mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin C: 60.16mg (72.93%), Vitamin K: 68.6µg (65.33%), Vitamin A: 1589.37IU (31.79%), Vitamin E: 4.74mg (31.63%), Manganese: 0.55mg (27.3%), Fiber: 6.13g (24.5%), Vitamin B6: 0.38mg (19.12%), Potassium: 616.97mg (17.63%), Copper: 0.3mg (14.76%), Iron: 2.63mg (14.6%), Folate: 55.11µg (13.78%), Vitamin B3: 2.28mg (11.38%), Magnesium: 43.67mg (10.92%), Vitamin B1: 0.14mg (9.61%), Calcium: 82mg (8.2%), Vitamin B2: 0.13mg (7.57%), Phosphorus: 72.01mg (7.2%), Vitamin B5: 0.66mg (6.6%), Zinc: 0.61mg (4.09%), Selenium: 1.31µg (1.87%)