

Eggplant Pizzas



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon coarse salt
- ☐ 1 large eggplant cut into 1/4 inch slices
- ☐ 2 cloves garlic
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 1 ounce pepperoni
- ☐ 1 cup pizza sauce

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 cups tomatoes diced

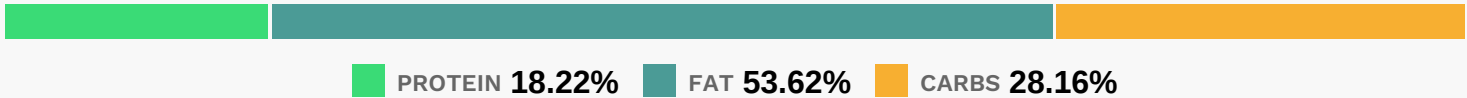
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Sprinkle the eggplant with the coarse salt, let sit on paper towels for 20 minutes and wipe dry.
- ☐ Brush the eggplant slices with oil and season with Italian seasoning, salt and pepper.Roast the eggplant in a preheated 400F oven until it just starts to turn tender, about 15–20 minutes. (Do not let them become too soft or mushy.)Top the eggplant with sauce, cheese and pepperoni and broil until the cheese has melted, about 3–5 minutes.
- ☐ Heat the oil in a pan over medium heat, add the onion and cook until tender, about 5 minutes.
- ☐ Add the garlic and red pepper flakes and cook until fragrant, about a minute.
- ☐ Add the tomatoes and oregano and cook for 10 minutes.Puree the sauce, return it to the pan, season with salt and pepper and simmer until it reduces to a thick sauce, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:13.902173970057%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.06mg,

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Nutrients (% of daily need)

Calories: 218.31kcal (10.92%), Fat: 13.64g (20.99%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 10.28g (3.74%), Sugar: 9.26g (10.29%), Cholesterol: 28.99mg (9.66%), Sodium: 2524.91mg (109.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Manganese: 0.55mg (27.32%), Fiber: 5.83g (23.33%), Vitamin A: 1147.47IU (22.95%), Vitamin C: 18.79mg (22.77%), Potassium: 702.08mg (20.06%), Calcium: 185.41mg (18.54%), Phosphorus: 180.7mg (18.07%), Vitamin K: 18.49µg (17.61%), Vitamin E: 2.51mg (16.73%), Vitamin B6: 0.3mg (14.96%), Folate: 48.78µg (12.2%), Vitamin B12: 0.73µg (12.18%), Vitamin B2: 0.2mg (12%), Copper: 0.23mg (11.69%), Selenium: 7.88µg (11.26%), Vitamin B3: 2.24mg (11.22%), Magnesium: 44mg (11%), Zinc: 1.51mg (10.04%), Iron: 1.55mg (8.64%), Vitamin B1: 0.13mg (8.45%), Vitamin B5: 0.74mg (7.37%), Vitamin D: 0.2µg (1.36%)