



Eggplant pizette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 large eggplant washed sliced into rounds
- 10 Tbs tomatoes chopped
- 100 g swiss cheese grated
- 3 servings basil fresh
- 3 servings basil fresh

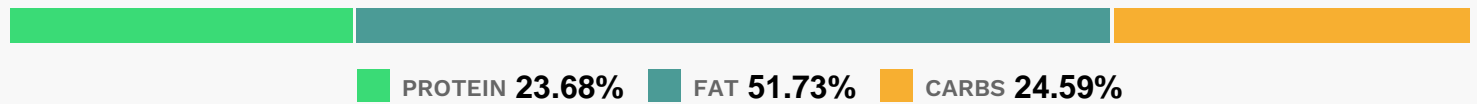
Equipment

- frying pan
- oven

Directions

- Place eggplant rounds in a non-stick pan greased with olive oil and bake in the oven for 10 minutes at 230C.
- Remove the pan from oven, but leave baked eggplant inside.
- Cover each eggplant round with one spoon of chopped tomatoes, sprinkle with oregano and basil leaves.
- Top with grated cheese and bake an additional 5 minutes in the oven at the same temperature, until cheese is melted and golden brown.
- Serve pizzette warm or cooled as an appetizer or as a stand-alone small meal.

Nutrition Facts



Properties

Glycemic Index:78.33, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:12.809130434783%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Taste

Sweetness: 47.62%, Saltiness: 100%, Sourness: 32.5%, Bitterness: 39.61%, Savoriness: 42.1%, Fattiness: 61.22%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 178.95kcal (8.95%), Fat: 10.73g (16.51%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 6.24g (2.27%), Sugar: 6.7g (7.44%), Cholesterol: 31mg (10.33%), Sodium: 67.34mg (2.93%), Protein: 11.06g (22.11%), Calcium: 322.41mg (32.24%), Vitamin K: 26.3µg (25.05%), Phosphorus: 242.04mg (24.2%), Manganese: 0.46mg (22.9%), Fiber: 5.24g (20.94%), Vitamin A: 933.17IU (18.66%), Vitamin B12: 1.01µg (16.78%), Selenium: 10.5µg (15%), Potassium: 501.84mg (14.34%), Vitamin C: 10.83mg (13.13%), Zinc: 1.82mg (12.11%), Folate: 46.7µg (11.67%), Magnesium: 40.35mg (10.09%), Vitamin B2: 0.17mg (9.99%), Vitamin B6: 0.2mg (9.86%), Copper: 0.18mg (9.19%), Vitamin B3: 1.34mg (6.7%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.62mg (6.24%), Vitamin B1: 0.08mg (5.52%), Iron: 0.65mg (3.63%)