



HEALTH SCORE

86%

Eggplant, Potato, and Chickpea Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 cup cilantro sprigs
- ☐ 1 pound eggplant cut into 2-inch pieces
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 1 large onion cut into 8 wedges (1/2 pound)
- ☐ 0.5 teaspoon salt
- ☐ 1 pound tomatoes seeded chopped
- ☐ 0.5 cup water
- ☐ 1 large bell pepper red yellow
- ☐ 0.8 pound yukon gold red peeled cut into 2-inch cubes

Equipment

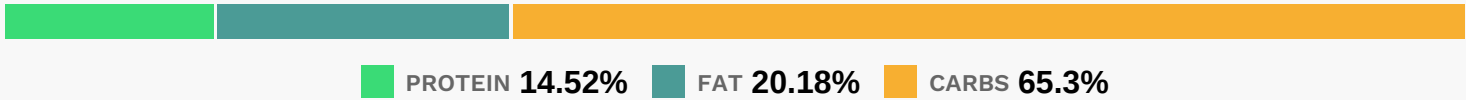
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand 10 minutes. Peel and cut into large strips.
- ☐ Place potato in a medium saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 5 minutes; drain.
- ☐ Preheat oven to 37
- ☐ Combine basil and next 4 ingredients (basil through garlic) in a food processor; process until finely minced.

- ☐ Combine bell pepper, basil mixture, tomato, and next 6 ingredients (tomato through chickpeas) in a 13 x 9-inch baking dish; cover with foil.
- ☐ Bake at 375 for 1 hour. Uncover, stir, and bake an additional 20 minutes or until the vegetables are tender.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:76.08, Glycemic Load:7.15, Inflammation Score:-9, Nutrition Score:26.569565005924%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 268.78kcal (13.44%), Fat: 6.43g (9.89%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 46.8g (15.6%), Net Carbohydrates: 34.42g (12.52%), Sugar: 9.74g (10.83%), Cholesterol: 0mg (0%), Sodium: 625.88mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.81%), Vitamin C: 116.19mg (140.84%), Manganese: 1.65mg (82.28%), Vitamin K: 55.19µg (52.56%), Vitamin B6: 1.01mg (50.4%), Fiber: 12.38g (49.53%), Potassium: 1275.47mg (36.44%), Vitamin A: 1675.7IU (33.51%), Folate: 110.58µg (27.65%), Copper: 0.55mg (27.47%), Magnesium: 92.28mg (23.07%), Phosphorus: 224.63mg (22.46%), Iron: 3.24mg (17.97%), Vitamin B3: 3.1mg (15.52%), Vitamin B1: 0.23mg (15.28%), Vitamin B5: 1.16mg (11.56%), Zinc: 1.65mg (11.02%), Vitamin E: 1.63mg (10.85%), Calcium: 101.07mg (10.11%), Vitamin B2: 0.14mg (8.32%), Selenium: 3.57µg (5.1%)