



Eggplant Schnitzel and Roasted Peppers

READY IN



35 min.

SERVINGS



4

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings bell pepper black
- 1.5 cups breadcrumbs
- 3 tablespoons capers
- 2 tablespoons cider vinegar
- 1 tablespoon dijon mustard
- 1 large eggplant firm
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 large clove garlic finely chopped

- 1 teaspoon sea salt
- 1 teaspoon granulated onion
- 2 lemons juiced cut into wedges
- 0.1 teaspoon nutmeg freshly grated
- 4 servings oil for shallow frying
- 3 tablespoons olive oil for drizzling
- 3 tablespoons parmigiano-reggiano grated
- 3 large bell peppers red
- 4 servings salt

Equipment

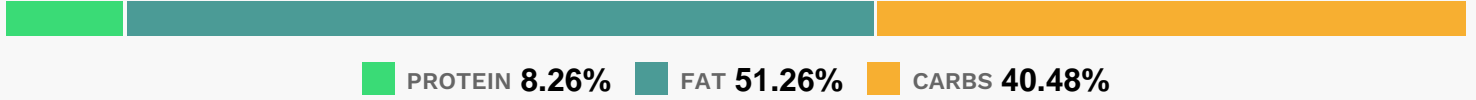
- frying pan
- whisk
- broiler

Directions

- Watch how to make this recipe.
- Trim the sides of the eggplant and slice lengthwise into 4 large thin steaks or eggplant cutlets, 1/4-inch thick. Salt the eggplant on both sides and drain on a towel for 20 minutes, turning occasionally.
- In a shallow dish combine the juice of 1 lemon with the vinegar and Dijon.
- Whisk in 3 tablespoons olive oil, and season the dressing with pepper. Pat the eggplant dry and turn in the dressing, and cover and chill at least 4 hours or overnight.
- Char the peppers evenly over a flame or under the broiler to blacken the skins all over. Cover and cool to handle. Wipe off the skins, seed and slice the peppers into long strips.
- Combine the peppers with the capers, thyme, chopped garlic, a drizzle of olive oil and some salt and pepper.
- In a shallow dish combine the breadcrumbs with the granulated garlic, onion and nutmeg.
- Mix in the grated parm and parsley.
- Remove the eggplant and press to coat in breadcrumbs.

- Heat 1/2-inch of frying oil in a large skillet over medium to medium-high heat. Fry the eggplant until crispy and deeply golden, 2 to 3 minutes on each side.
- Serve with the lemon wedges and side of peppers.
- Get Rachael's shopping list for this episode's recipes here.

Nutrition Facts



Properties

Glycemic Index:100.13, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:29.065652271976%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 2.6mg, Luteolin: 2.6mg, Luteolin: 2.6mg, Luteolin: 2.6mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 481.13kcal (24.06%), Fat: 28.62g (44.02%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 40.64g (14.78%), Sugar: 13.3g (14.78%), Cholesterol: 2.55mg (0.85%), Sodium: 768.84mg (33.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.75%), Vitamin C: 194.68mg (235.97%), Vitamin A: 4181.88IU (83.64%), Vitamin K: 63.61µg (60.58%), Manganese: 0.91mg (45.31%), Vitamin E: 6.46mg (43.06%), Fiber: 10.21g (40.86%), Vitamin B1: 0.54mg (36.26%), Folate: 137.54µg (34.38%), Vitamin B6: 0.59mg (29.36%), Vitamin B3: 4.83mg (24.16%), Iron: 3.85mg (21.41%), Vitamin B2: 0.36mg (20.99%), Potassium: 732.9mg (20.94%), Selenium: 13.45µg (19.22%), Phosphorus: 175.37mg (17.54%), Calcium: 171.26mg (17.13%), Magnesium: 63.75mg (15.94%), Copper: 0.29mg (14.4%), Vitamin B5: 1.1mg (10.98%), Zinc: 1.37mg (9.11%), Vitamin B12: 0.19µg (3.11%)