



Eggplant, Tomato, and Pesto Stack

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 large eggplant cut into 8 1/2-inch rounds
- ☐ 2 cups basil leaves fresh plus more for garnish
- ☐ 4 ounces mozzarella cheese fresh
- ☐ 3 medium garlic cloves
- ☐ 2 large heirloom tomatoes cut into 4 slices each
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 0.5 cup parmesan grated

- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup walnuts divided chopped

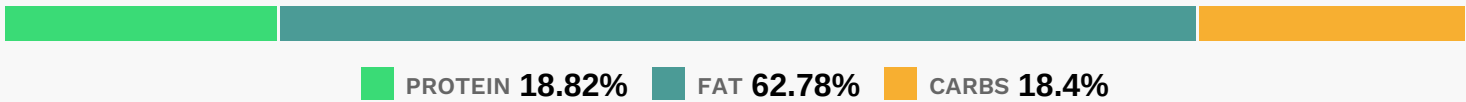
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, pulse 1/2 cup walnuts until finely chopped.
- ☐ Add 2 cups basil and garlic, and pulse while slowly adding 1/2 cup oil, scraping down sides as needed until smooth, about 1 minute.
- ☐ Add Parmesan; season with salt and black pepper; process until pesto is well combined.
- ☐ Heat oven to 400°F.
- ☐ Brush eggplant slices with remaining 1 1/2 tablespoons oil and sprinkle with sea salt; roast on a baking sheet, turning once, until tender and golden, 20 minutes. Top each with 1 tablespoon pesto. Alternately layer 2 eggplant slices, 2 tomato slices and 1 slice mozzarella. (Refrigerate any remaining pesto for another use.) Divide balsamic vinegar, remaining 2 tablespoons walnuts and basil leaves among stacks.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 73, Glycemic Load: 2.97, Inflammation Score: -9, Nutrition Score: 18.4017391153%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 300.19kcal (15.01%), Fat: 21.8g (33.54%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 8.96g (3.26%), Sugar: 7.74g (8.6%), Cholesterol: 30.9mg (10.3%), Sodium: 968.3mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Vitamin K: 65.41µg (62.3%), Manganese: 0.9mg (44.77%), Calcium: 346.93mg (34.69%), Vitamin A: 1708.79IU (34.18%), Phosphorus: 281.08mg (28.11%), Vitamin C: 17.97mg (21.79%), Fiber: 5.42g (21.68%), Copper: 0.36mg (18.15%), Potassium: 602.99mg (17.23%), Magnesium: 61.35mg (15.34%), Folate: 59.48µg (14.87%), Vitamin B6: 0.29mg (14.49%), Vitamin B12: 0.8µg (13.27%), Zinc: 1.94mg (12.92%), Selenium: 8.81µg (12.59%), Vitamin E: 1.86mg (12.4%), Vitamin B2: 0.21mg (12.21%), Vitamin B1: 0.13mg (8.9%), Iron: 1.5mg (8.35%), Vitamin B3: 1.58mg (7.9%), Vitamin B5: 0.59mg (5.93%), Vitamin D: 0.18µg (1.17%)