



Eggplant Tomato Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 eggplant sliced into 1/2 inch rounds
- 0.3 cup parmesan cheese fat-free grated
- 1 tomatoes sliced

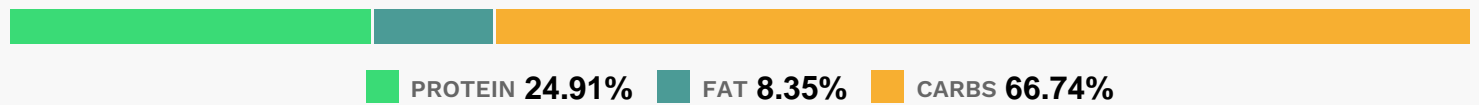
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Spray a cookie sheet with non-stick oil spray. Arrange eggplant rounds on the cookie sheet and sprinkle Parmesan over the eggplant.
- Layer one slice of tomato on top of each eggplant round.
- Sprinkle with Parmesan cheese.
- Bake for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:5.6986956751865%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 57.28kcal (2.86%), Fat: 0.58g (0.89%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 6.62g (2.41%), Sugar: 4.94g (5.49%), Cholesterol: 1.25mg (0.42%), Sodium: 75.7mg (3.29%), Alcohol: 0g (100%), Protein: 3.89g (7.79%), Fiber: 3.8g (15.22%), Manganese: 0.3mg (15.03%), Potassium: 372.58mg (10.65%), Vitamin C: 6.73mg (8.16%), Phosphorus: 78.61mg (7.86%), Folate: 31.36µg (7.84%), Vitamin B6: 0.13mg (6.35%), Calcium: 63.38mg (6.34%), Vitamin K: 6.46µg (6.15%), Vitamin A: 291.92IU (5.84%), Copper: 0.11mg (5.61%), Magnesium: 21.91mg (5.48%), Vitamin B3: 0.94mg (4.69%), Selenium: 3.05µg (4.36%), Vitamin B1: 0.06mg (3.94%), Iron: 0.66mg (3.66%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.51mg (3.41%), Vitamin B2: 0.05mg (3.02%), Zinc: 0.42mg (2.82%), Vitamin B12: 0.07µg (1.15%)