



Eggplant Torte with Pesto and Sun-Dried Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

Ingredients

- ☐ 8 ounces diagonally bread baguette french toasted cut ()
- ☐ 5 lasagna noodles cooked cut into thirds
- ☐ 2 medium eggplant cut lengthwise into 1/2-inch-thick slices
- ☐ 0.3 cup pesto
- ☐ 4 ounces provolone cheese thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling

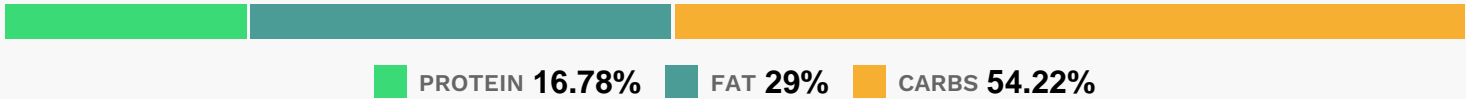
Equipment

- ☐ baking sheet
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle salt over 9 eggplant slices; reserve any remaining slices for another use.
- ☐ Place eggplant on a baking sheet coated with cooking spray; broil 10 minutes on each side or until lightly browned. Cool; halve slices crosswise.
- ☐ Combine boiling water and tomatoes; let stand 10 minutes or until soft.
- ☐ Drain and finely chop.
- ☐ Coat an 8 1/2 x 4 1/2-inch baking dish with cooking spray; line dish with plastic wrap. Lightly coat plastic wrap with cooking spray. Arrange 5 noodle pieces in bottom of dish; top with half of cheese.
- ☐ Spread half of pesto over cheese; top with 9 eggplant pieces.
- ☐ Sprinkle half of tomato over eggplant. Repeat layers, ending with noodles. Cover with plastic wrap, allowing plastic wrap to extend over edges of dish.
- ☐ Place an empty 8 1/2 x 4 1/2-inch baking dish on top of torte.
- ☐ Place 2 (15-ounce) canned goods upright in dish. Refrigerate overnight.
- ☐ Remove cans, empty baking dish, and top sheet of plastic wrap. Invert torte onto a platter; remove remaining plastic wrap.
- ☐ Cut torte crosswise into 8 slices.
- ☐ Serve at room temperature with bread slices.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:14.49, Inflammation Score:-6, Nutrition Score:13.059999941484%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 263.04kcal (13.15%), Fat: 8.68g (13.36%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 30.32g (11.02%), Sugar: 8.79g (9.77%), Cholesterol: 10.4mg (3.47%), Sodium: 393.78mg (17.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Manganese: 0.85mg (42.64%), Selenium: 20.84µg (29.77%), Fiber: 6.21g (24.85%), Phosphorus: 180.58mg (18.06%), Calcium: 176.5mg (17.65%), Potassium: 574.07mg (16.4%), Vitamin B3: 3.12mg (15.61%), Folate: 58µg (14.5%), Iron: 2.51mg (13.93%), Copper: 0.28mg (13.92%), Vitamin B1: 0.21mg (13.84%), Magnesium: 52.01mg (13%), Vitamin B2: 0.2mg (11.79%), Vitamin B6: 0.18mg (8.96%), Zinc: 1.27mg (8.45%), Vitamin K: 8.66µg (8.25%), Vitamin B5: 0.81mg (8.07%), Vitamin A: 367.97IU (7.36%), Vitamin C: 5.27mg (6.39%), Vitamin B12: 0.21µg (3.45%), Vitamin E: 0.45mg (3.02%)