



Eggplant with Bell Pepper, Feta, and Green Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 12 small boston lettuce leaves
- ☐ 2.5 inch eggplant halved cut into six 3/4-inch-thick rounds, then to form 12 semicircles
- ☐ 2 ounces feta cheese crumbled
- ☐ 10 large greek olives green pitted chopped
- ☐ 1 bell pepper red halved cut into six 1/4-inch-thick rings, then to form 12 curved strips
- ☐ 12 servings olive oil
- ☐ 1 teaspoon oregano fresh finely chopped

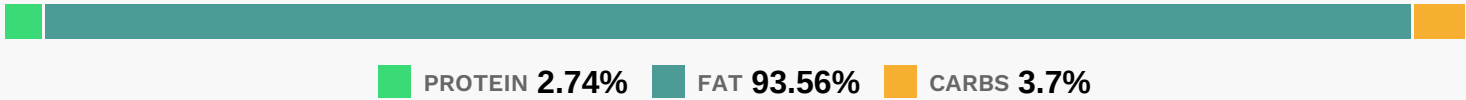
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Pour enough oil into heavy large skillet to coat bottom; heat over medium heat.
- ☐ Add eggplant to skillet, arranging in single layer.
- ☐ Sprinkle eggplant with salt and pepper. Sauté until cooked through, but not browned, about 3 minutes per side.
- ☐ Transfer eggplant to sheet of foil; reserve skillet.
- ☐ Arrange 1 bell pepper strip atop rounded edge of each eggplant piece, trimming to fit, if necessary.
- ☐ Sprinkle cheese atop eggplant. do ahead Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Arrange lettuce leaves on platter. Reheat oil in skillet over medium heat.
- ☐ Place eggplant, cheese side up, into skillet. Cover and cook until cheese softens and begins to melt, about 4 minutes.
- ☐ Place 1 eggplant piece atop each lettuce leaf.
- ☐ Sprinkle each with olives and oregano.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:4.699130449606%

Flavonoids

Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 146.22kcal (7.31%), Fat: 15.6g (23.99%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.6g (0.67%), Cholesterol: 4.21mg (1.4%), Sodium: 107.34mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin K: 25.45µg (24.23%), Vitamin A: 843.29IU (16.87%), Vitamin C: 13.26mg (16.08%), Vitamin E: 2.37mg (15.78%), Folate: 17.64µg (4.41%), Vitamin B2: 0.06mg (3.47%), Calcium: 33.82mg (3.38%), Vitamin B6: 0.06mg (3.22%), Manganese: 0.05mg (2.44%), Phosphorus: 23.96mg (2.4%), Iron: 0.42mg (2.31%), Fiber: 0.57g (2.28%), Potassium: 64.41mg (1.84%), Vitamin B1: 0.02mg (1.49%), Vitamin B12: 0.08µg (1.33%), Zinc: 0.2mg (1.32%), Magnesium: 4.93mg (1.23%), Selenium: 0.85µg (1.21%), Vitamin B3: 0.22mg (1.08%), Vitamin B5: 0.1mg (1.03%)