



Eggplant with Feta Cheese



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggplant cut into 1/2-inch slices
- ☐ 0.3 cup feta cheese
- ☐ 0.3 cup basil fresh packed finely chopped
- ☐ 6 servings olive oil or as needed

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Brush eggplant slices on one side with olive oil; arrange onto a baking sheet with oiled side facing up.
- ☐ Cook eggplant under broiler until lightly browned, about 5 minutes; remove from oven.
- ☐ Turn oven heat to 350 degrees F (175 degrees C).
- ☐ Turn slices and brush other side with olive oil.
- ☐ Sprinkle feta cheese over eggplant.
- ☐ Bake until the cheese is bubbly and the eggplant is soft, about 10 minutes.
- ☐ Sprinkle basil over the eggplant slices and serve hot.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:4.7056521889956%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 165.16kcal (8.26%), Fat: 15.94g (24.52%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.7g (3%), Cholesterol: 7.42mg (2.47%), Sodium: 96.85mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin E: 2.27mg (15.12%), Vitamin K: 15.4µg (14.67%), Manganese: 0.19mg (9.55%), Fiber: 2.31g (9.22%), Vitamin B2: 0.1mg (5.84%), Potassium: 183.06mg (5.23%), Vitamin B6: 0.1mg (5.05%), Folate: 20.14µg (5.03%), Calcium: 49.86mg (4.99%), Phosphorus: 46.96mg (4.7%), Copper: 0.07mg (3.42%), Magnesium: 12.91mg (3.23%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.59mg (2.94%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.37mg (2.47%), Vitamin B12: 0.14µg (2.35%), Vitamin C: 1.86mg (2.25%), Selenium: 1.48µg (2.12%), Vitamin A: 105.47IU (2.11%), Iron: 0.34mg (1.89%)