



HEALTH SCORE

100%

Eggplant with Lentils and Goat Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large carrots diced peeled
- ☐ 2 celery stalks diced
- ☐ 2 pound globe eggplants halved lengthwise
- ☐ 0.3 cup mint leaves fresh chopped for serving
- ☐ 2 cloves garlic finely chopped
- ☐ 2 ounces goat cheese crumbled

- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 cups d lentils steamed (such as Melissa's)
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup vegetable broth low-sodium

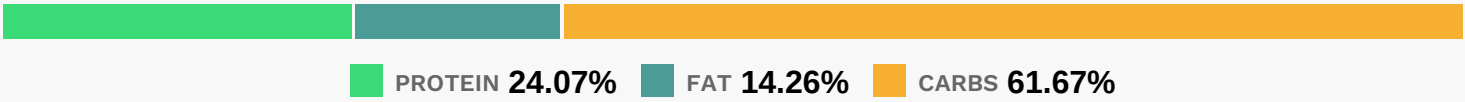
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 475°.
- ☐ Remove pulp from eggplants; cut pulp from one eggplant into 1/4-inch cubes and discard the rest. Coat eggplant shells with cooking spray; sprinkle with 1/4 teaspoon salt. On a baking sheet lined with parchment paper, place eggplant shells open side down. In a bowl, coat eggplant cubes with cooking spray and toss with 1/4 teaspoon salt; place in one layer on a second baking sheet lined with parchment paper.
- ☐ Bake eggplant shells and cubes until tender, 10 minutes.
- ☐ Remove eggplant; reduce oven to 350°. In a medium nonstick skillet over medium heat, heat oil. Cook onion, celery and carrot until soft, 5 minutes.
- ☐ Add garlic; cook, 1 minute.
- ☐ Add lentils, eggplant cubes, broth, vinegar, pepper and remaining 1/4 teaspoon salt; reduce heat to simmer, stirring occasionally, 5 minutes. Stir in chopped mint. Flip shells on baking sheet and stuff with lentil-eggplant mixture; cover with aluminum foil and bake until warm; 10 minutes. Top with cheese and mint leaves.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:68.11, Glycemic Load:10.93, Inflammation Score:-10, Nutrition Score:38.194347964681%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 496.03kcal (24.8%), Fat: 8.03g (12.35%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 78.1g (26.03%), Net Carbohydrates: 40.6g (14.76%), Sugar: 13.46g (14.96%), Cholesterol: 6.52mg (2.17%), Sodium: 516.67mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Fiber: 37.5g (150.01%), Folate: 524.07µg (131.02%), Manganese: 1.97mg (98.31%), Vitamin A: 3372.93IU (67.46%), Vitamin B1: 0.97mg (64.46%), Phosphorus: 544.5mg (54.45%), Iron: 8.41mg (46.7%), Potassium: 1575.56mg (45.02%), Vitamin B6: 0.83mg (41.31%), Copper: 0.82mg (41.15%), Magnesium: 160.08mg (40.02%), Zinc: 5.23mg (34.88%), Vitamin B5: 2.9mg (28.96%), Vitamin B2: 0.37mg (21.69%), Vitamin B3: 4.31mg (21.54%), Vitamin K: 18.4µg (17.53%), Vitamin C: 13.73mg (16.65%), Selenium: 9.43µg (13.47%), Vitamin E: 1.81mg (12.08%), Calcium: 119.65mg (11.96%)