






 **11%**
HEALTH SCORE

Eggplant with Mushroom Stuffing

 Vegetarian

READY IN

35 min.

SERVINGS

2

CALORIES

552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs soft
- 0.3 cup butter cubed
- 1 small eggplant
- 0.5 cup mushrooms fresh chopped
- 0.5 cup mushrooms fresh chopped
- 1 tablespoon parsley fresh minced
- 1 small onion chopped
- 1 Dash pepper

- 1 tablespoon salt
- 0.5 cup swiss cheese shredded

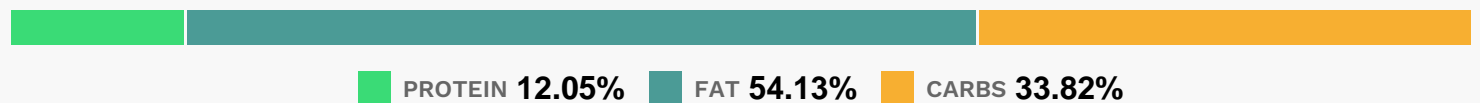
Equipment

- frying pan
- paper towels
- oven
- baking pan
- colander

Directions

- Cut eggplant in half lengthwise; scoop out pulp, leaving a 1/4-in.-thick shell. Set shell aside. Chop pulp; place in a colander over a plate.
- Sprinkle with salt; let stand for 30 minutes. Blot moisture with a paper towel.
- In a skillet, saute eggplant pulp and onion in butter until tender.
- Add the bread crumbs, mushrooms, parsley and pepper. Spoon into eggplant shells.
- Place in a greased 8-in. square baking dish.
- Bake, uncovered, at 350° for 15 minutes.
- Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:24.429565372674%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.31mg, Myricetin:

0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin:
7.2mg

Nutrients (% of daily need)

Calories: 552.19kcal (27.61%), Fat: 34.16g (52.55%), Saturated Fat: 20.11g (125.66%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 38.17g (13.88%), Sugar: 13.06g (14.51%), Cholesterol: 86.12mg (28.71%), Sodium: 4026.59mg (175.07%), Alcohol: 0g (100%), Protein: 17.11g (34.23%), Manganese: 0.99mg (49.56%), Vitamin K: 46.07µg (43.88%), Fiber: 9.85g (39.38%), Vitamin B1: 0.54mg (36.14%), Calcium: 356.47mg (35.65%), Selenium: 23.96µg (34.22%), Phosphorus: 336.24mg (33.62%), Vitamin B2: 0.54mg (31.99%), Vitamin B3: 6mg (30.01%), Folate: 114.85µg (28.71%), Potassium: 845.97mg (24.17%), Copper: 0.47mg (23.7%), Vitamin A: 1155.31IU (23.11%), Vitamin B5: 1.78mg (17.84%), Vitamin B6: 0.35mg (17.75%), Vitamin B12: 1.02µg (17.08%), Magnesium: 67.95mg (16.99%), Zinc: 2.5mg (16.66%), Iron: 3mg (16.64%), Vitamin C: 11.3mg (13.69%), Vitamin E: 1.57mg (10.45%)