



Eggplant With Mushroom Stuffing

 Vegetarian

READY IN



80 min.

SERVINGS



2

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs soft
- ☐ 0.3 cup butter cubed
- ☐ 1 small eggplant
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 1 pinch ground pepper black
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 small onion chopped
- ☐ 1 tablespoon salt

☐ 0.5 cup swiss cheese shredded

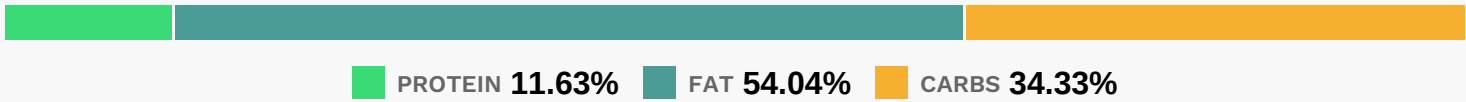
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch square baking dish.
- ☐ Cut eggplant in half lengthwise and scoop out the flesh, leaving shells about 1/4 inch thick. Chop pulp and place into a colander.
- ☐ Sprinkle with salt and let eggplant pulp drip for 30 minutes. Blot moisture from eggplant pulp with a paper towel.
- ☐ Melt butter in a skillet over medium heat; cook and stir eggplant pulp and onion in the hot butter until vegetables are tender, about 10 minutes. Stir bread crumbs, mushrooms, Italian seasoning, and black pepper into the eggplant mixture until thoroughly combined. Spoon the mixture into eggplant shells.
- ☐ Bake in the preheated oven until eggplant shells are tender, about 15 minutes.
- ☐ Sprinkle with Swiss cheese, return to oven, and bake until cheese has melted, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:3.03, Inflammation Score:-8, Nutrition Score:23.239130406276%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg

1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.2mg, Quercetin: 7.2mg,
Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 552.81kcal (27.64%), Fat: 34.17g (52.56%), Saturated Fat: 20.13g (125.81%), Carbohydrates: 48.83g
(16.28%), Net Carbohydrates: 38.23g (13.9%), Sugar: 12.67g (14.08%), Cholesterol: 86.12mg (28.71%), Sodium:
4024.9mg (175%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Manganese: 1.1mg (55.07%),
Fiber: 10.6g (42.41%), Calcium: 392.91mg (39.29%), Vitamin B1: 0.53mg (35.02%), Phosphorus: 318.14mg (31.81%),
Selenium: 21.83µg (31.19%), Folate: 113.66µg (28.41%), Vitamin K: 28.82µg (27.44%), Vitamin B2: 0.46mg (26.98%),
Vitamin B3: 5.22mg (26.12%), Potassium: 790.07mg (22.57%), Vitamin A: 1029.36IU (20.59%), Copper: 0.41mg
(20.53%), Iron: 3.67mg (20.4%), Magnesium: 71.54mg (17.88%), Vitamin B6: 0.35mg (17.72%), Vitamin B12: 1.01µg
(16.92%), Zinc: 2.42mg (16.13%), Vitamin B5: 1.44mg (14.4%), Vitamin E: 2.01mg (13.37%), Vitamin C: 8.19mg (9.93%)