

Eggplant with Salsa Flavor

 **Vegetarian**  **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- 4 ounces colby-monterey jack cheese shredded
- 1 large eggplant peeled sliced
- 2 tablespoons chives fresh chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 small onion chopped
- 10 ounces tomatoes diced

Equipment

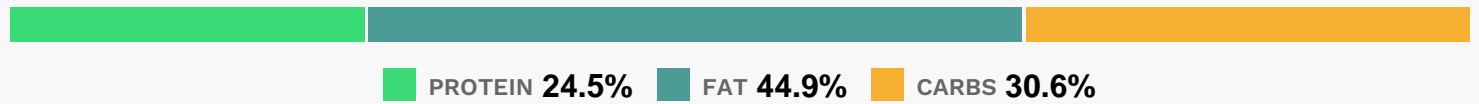
- bowl

- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Arrange eggplant slices in a shallow baking dish; top with a layer of spinach.
- Mix tomatoes, onion, and chives together in a bowl; spread evenly over the spinach layer.
- Bake in preheated oven for 20 minutes, sprinkle Colby–Monterey Jack cheese evenly over the dish, and continue baking until the cheese melts slightly, about 2 minutes. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:16.102174015149%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 87.56kcal (4.38%), Fat: 4.69g (7.21%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.64g (4.04%), Cholesterol: 12.62mg (4.21%), Sodium: 114.56mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Vitamin K: 138.62µg (132.01%), Vitamin A: 4605.51IU (92.11%), Manganese: 0.44mg (21.92%), Folate: 74.3µg (18.57%), Calcium: 162.86mg (16.29%), Fiber: 3.34g (13.35%), Vitamin C: 9.15mg (11.09%), Magnesium: 43.51mg (10.88%), Phosphorus: 105.52mg (10.55%), Potassium: 364.18mg (10.41%), Vitamin B2: 0.17mg (9.75%), Vitamin E: 1.43mg (9.54%), Vitamin B6: 0.16mg (8.01%), Copper: 0.13mg (6.37%), Selenium: 4.4µg (6.29%), Iron: 1.03mg (5.72%), Zinc: 0.79mg (5.3%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.79mg (3.95%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.12µg (1.96%)