



## Eggplant with Spicy Tomato Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

### Ingredients

- 28 ounce canned tomatoes whole peeled quartered canned
- 1 eggplant italian halved cut into 1/2-inch half moons
- 0.5 cup feta cheese crumbled
- 0.5 cup parsley fresh chopped
- 2 tablespoon harissa
- 4 servings pepper black freshly ground
- 4 servings lemon wedges for serving
- 6 tablespoons olive oil

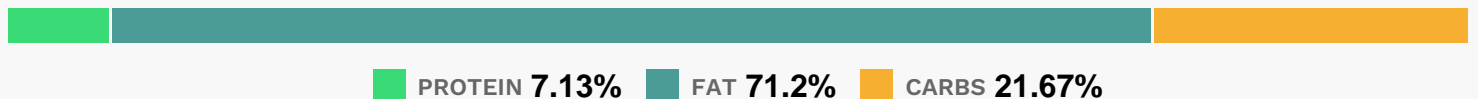
## Equipment

- frying pan
- potato masher
- wooden spoon

## Directions

- Heat 2 tablespoons of oil in a 12-inch skillet over medium heat until shimmering.
- Add as much eggplant as will fit in a single layer and cook, shaking the pan occasionally, until well browned on both sides, about 10 minutes total. Season to taste with salt and pepper. Repeat with the remaining eggplant and 2 more tablespoons of oil.
- Remove from the pan and set aside.
- In the same skillet over medium heat, add the remaining 2 tablespoons oil and heat until shimmering.
- Add the garlic and cook until fragrant, about 30 seconds.
- Add the harissa and mix together until combined.
- Add the tomatoes and adjust the heat until it maintains a vigorous simmer, seasoning with salt and pepper, and breaking apart the tomatoes with a potato masher or wooden spoon once they've softened.
- Allow to cook until the tomatoes have broken down, roughly 10 to 12 minutes for canned and 18 to 20 for fresh, seasoning as needed. When the sauce has thickened, add the eggplants back in and stir so that they warm up, then pour into a serving dish or serve out of the pan, top with the feta and parsley.
- Serve with the lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:18.99565228172%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## **Nutrients (% of daily need)**

Calories: 307.83kcal (15.39%), Fat: 25.58g (39.36%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 11.61g (4.22%), Sugar: 9.85g (10.95%), Cholesterol: 16.69mg (5.56%), Sodium: 604.98mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Vitamin K: 146.3µg (139.33%), Vitamin C: 32.68mg (39.61%), Vitamin E: 4.95mg (33.02%), Fiber: 5.9g (23.6%), Manganese: 0.45mg (22.44%), Vitamin B6: 0.42mg (20.79%), Potassium: 719.13mg (20.55%), Vitamin A: 1021.21IU (20.42%), Vitamin B2: 0.32mg (18.98%), Calcium: 177.02mg (17.7%), Iron: 2.97mg (16.49%), Folate: 59.27µg (14.82%), Phosphorus: 136.94mg (13.69%), Copper: 0.26mg (12.91%), Vitamin B3: 2.56mg (12.81%), Vitamin B1: 0.18mg (11.77%), Magnesium: 46.32mg (11.58%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.1mg (7.3%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.45µg (4.93%)