



 **12%**
HEALTH SCORE

Eggplant with Tomato Sauce

 **Gluten Free**

READY IN



70 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- 28 ounces canned tomatoes crushed canned
- 1 teaspoon basil dried
- 2 pounds eggplant unpeeled
- 2 garlic clove minced
- 1 tablespoon olive oil
- 8 servings olive oil for frying
- 0.3 cup parmesan shredded
- 1 teaspoon salt

8 servings salt and pepper to taste

1 teaspoons sugar

Equipment

frying pan

paper towels

sauce pan

Directions

Cut eggplant into 1/2-in.-thick slices.

Sprinkle with salt.

Place in a deep dish; cover and let stand for 30 minutes.

Rinse with cold water; drain and dry on paper towels. In a 2-qt. saucepan, heat oil over medium heat

Add the tomatoes, garlic, basil and sugar; bring to a boil. Reduce heat and simmer, uncovered, for 45 minutes or until thickened, stirring occasionally.

Season with salt and pepper. Keep warm while preparing eggplant. In a large skillet, heat about 1/4 cup oil; brown eggplant, a quarter at a time, adding more oil as needed.

Place on a serving platter one row at a time. Cover with sauce and sprinkle with cheese.

Serve warm.

Nutrition Facts



PROTEIN 12.33% FAT 41.26% CARBS 46.41%

Properties

Glycemic Index:24.39, Glycemic Load:3.46, Inflammation Score:-5, Nutrition Score:9.5156521372821%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115.91kcal (5.8%), Fat: 5.85g (9%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 9.46g (3.44%), Sugar: 8.9g (9.89%), Cholesterol: 2.13mg (0.71%), Sodium: 668.1mg (29.05%), Alcohol: Og (100%), Protein: 3.93g (7.86%), Manganese: 0.47mg (23.57%), Fiber: 5.35g (21.4%), Potassium: 559.73mg (15.99%), Vitamin E: 2.26mg (15.04%), Vitamin C: 11.86mg (14.37%), Copper: 0.28mg (13.99%), Vitamin K: 14.18µg (13.5%), Vitamin B6: 0.26mg (12.9%), Vitamin B3: 1.97mg (9.84%), Iron: 1.73mg (9.62%), Folate: 38.48µg (9.62%), Magnesium: 38.18mg (9.55%), Calcium: 85.45mg (8.54%), Phosphorus: 82.14mg (8.21%), Vitamin B1: 0.12mg (8.1%), Vitamin B2: 0.11mg (6.26%), Vitamin B5: 0.61mg (6.14%), Vitamin A: 264.82IU (5.3%), Zinc: 0.55mg (3.69%), Selenium: 1.75µg (2.5%)