



Eggplant, Yellow Squash and Tomato Casino

 Gluten Free

READY IN



27 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 2 small eggplants
- 6 servings garlic powder
- 1 tablespoon bell peppers diced green
- 6 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 0.8 cup parmesan grated
- 2 tablespoons real bacon bits

- 1 tablespoon bell pepper diced red
- 1 tablespoon onion diced red
- 4 roma tomatoes
- 2 pieces baby squash yellow small to medium

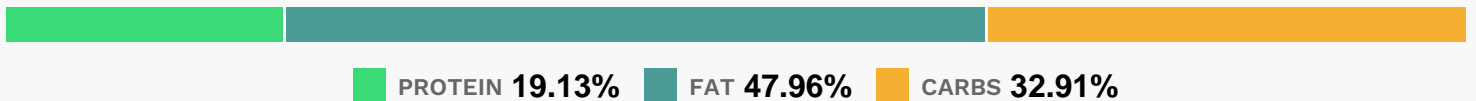
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Cut off ends and slice in half lengthwise both the eggplants and yellow squash.
- Lay cut side up and close together on a small greased sheet pan. Then cut the tops and a very small piece of the bottom off the Roma tomatoes and stand them up with the squash.
- Sprinkle liberally with salt, pepper, garlic powder, bacon bits, peppers, and onions.
- Next, carefully pile high the Parmesan over every piece, drizzle with olive oil, and bake for about 12 minutes, or until they start to turn golden brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:9.5786956250668%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 155.8kcal (7.79%), Fat: 8.79g (13.52%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 8.1g (2.95%), Sugar: 6.83g (7.59%), Cholesterol: 11.83mg (3.94%), Sodium: 471.26mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Manganese: 0.45mg (22.64%), Fiber: 5.46g (21.85%), Calcium: 169.55mg (16.95%), Vitamin C: 12.47mg (15.11%), Phosphorus: 147.21mg (14.72%), Potassium: 505.56mg (14.44%), Vitamin B6: 0.23mg (11.67%), Vitamin K: 12.01µg (11.44%), Folate: 43.37µg (10.84%), Vitamin A: 532.56IU (10.65%), Vitamin E: 1.43mg (9.55%), Magnesium: 34.47mg (8.62%), Copper: 0.17mg (8.58%), Vitamin B2: 0.11mg (6.64%), Vitamin B3: 1.32mg (6.61%), Vitamin B1: 0.1mg (6.37%), Selenium: 4µg (5.72%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.76mg (5.06%), Iron: 0.79mg (4.38%), Vitamin B12: 0.15µg (2.5%)