



Eggplant, Zucchini, and Tomato Tian

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beefsteak tomatoes peeled seeded cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 4 ounces bread baguette french
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 pound baby eggplant
- ☐ 1.5 tablespoons olive oil extra-virgin divided

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 4 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound zucchini

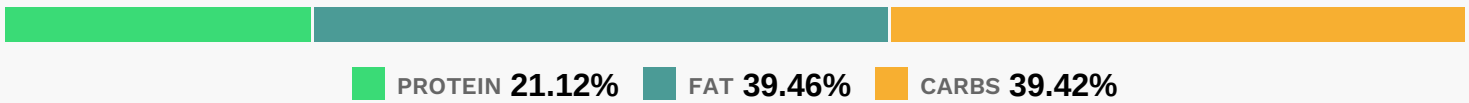
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Arrange eggplant and zucchini in a single layer on a baking sheet coated with cooking spray. Lightly coat vegetables with cooking spray.
- ☐ Bake at 375 for 15 minutes. Arrange half of eggplant in a single layer in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Top with half of zucchini and half of tomato.
- ☐ Drizzle 2 1/4 teaspoons oil evenly over vegetables.
- ☐ Sprinkle vegetables evenly with 1/8 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Place bread in a food processor; process until coarse crumbs measure 2 cups.
- ☐ Add cheese and next 4 ingredients (through garlic) to processor; process until combined.
- ☐ Sprinkle 1 1/2 cups breadcrumb mixture evenly over tomato. Repeat layers with remaining eggplant, zucchini, tomatoes, oil, salt, pepper, and breadcrumb mixture.
- ☐ Pour broth over top.
- ☐ Bake at 375 for 1 hour or until vegetables are tender and topping is browned.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:9.54, Inflammation Score:-9, Nutrition Score:15.876087059145%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 206.62kcal (10.33%), Fat: 9.44g (14.52%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 16.43g (5.98%), Sugar: 7.63g (8.48%), Cholesterol: 12.85mg (4.28%), Sodium: 564.68mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin K: 40.59µg (38.66%), Vitamin C: 28.45mg (34.49%), Manganese: 0.57mg (28.54%), Calcium: 277.22mg (27.72%), Phosphorus: 221.02mg (22.1%), Vitamin A: 1093.89IU (21.88%), Fiber: 4.79g (19.15%), Folate: 74.66µg (18.66%), Potassium: 615.94mg (17.6%), Vitamin B1: 0.24mg (15.89%), Vitamin B2: 0.27mg (15.72%), Vitamin B6: 0.31mg (15.42%), Selenium: 10.42µg (14.89%), Magnesium: 50.63mg (12.66%), Vitamin B3: 2.36mg (11.81%), Iron: 2.03mg (11.25%), Copper: 0.2mg (9.78%), Vitamin E: 1.44mg (9.63%), Zinc: 1.26mg (8.42%), Vitamin B5: 0.61mg (6.15%), Vitamin B12: 0.25µg (4.1%)