



# Eggplants Stuffed With Couscous Feta Goodness

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black
- 10 ounce garbanzo beans drained canned
- 1 cup couscous
- 2 medium eggplant halved
- 4 ounces feta cheese crumbled
- 1 teaspoon basil dried fresh minced crumbled
- 1.3 cups cherry tomatoes halved

- 2 tablespoons vegetable oil; peanut oil preferred
- 1 cup yogurt plain
- 0.5 cup raisins
- 0.5 teaspoon salt
- 2 tablespoons slivered almonds toasted

## Equipment

## Nutrition Facts

**PROTEIN 13.7%** **FAT 31.43%** **CARBS 54.87%**

## Properties

Glycemic Index:70.53, Glycemic Load:33.48, Inflammation Score:-8, Nutrition Score:25.403043478261%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 548.49kcal (27.42%), Fat: 19.82g (30.48%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 77.84g (25.95%), Net Carbohydrates: 63.38g (23.05%), Sugar: 12.32g (13.69%), Cholesterol: 33.19mg (11.06%), Sodium: 858.44mg (37.32%), Protein: 19.43g (38.86%), Manganese: 1.71mg (85.57%), Fiber: 14.46g (57.84%), Vitamin B6: 0.8mg (39.82%), Phosphorus: 390.47mg (39.05%), Vitamin B2: 0.56mg (32.87%), Potassium: 1106.76mg (31.62%), Calcium: 299.65mg (29.97%), Copper: 0.56mg (28.18%), Magnesium: 108.09mg (27.02%), Folate: 99.7µg (24.93%), Vitamin E: 3.44mg (22.95%), Vitamin C: 17.01mg (20.62%), Vitamin B3: 4.06mg (20.29%), Vitamin B5: 2mg (20.01%), Vitamin B1: 0.29mg (19.44%), Iron: 3.29mg (18.3%), Zinc: 2.67mg (17.78%), Vitamin K: 14.49µg (13.8%), Selenium: 8.27µg (11.81%), Vitamin B12: 0.71µg (11.76%), Vitamin A: 473.86IU (9.48%), Vitamin D: 0.17µg (1.16%)