



Falafel-Stuffed Eggplant with Tahini Sauce and Tomato Relish



Vegetarian



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



896 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs fresh
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 24 ounces eggplant
- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup parsley fresh coarsely chopped

- ☐ 1 garlic clove minced
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon honey
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 15 ounce natural butter extract rinsed drained canned (garbanzo beans)
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup onion red vertically sliced
- ☐ 1 tablespoon tahini (roasted sesame seed paste)
- ☐ 2 tablespoons tahini (roasted sesame seed paste)
- ☐ 1 cup tomatoes seeded chopped
- ☐ 3 tablespoons water

Equipment

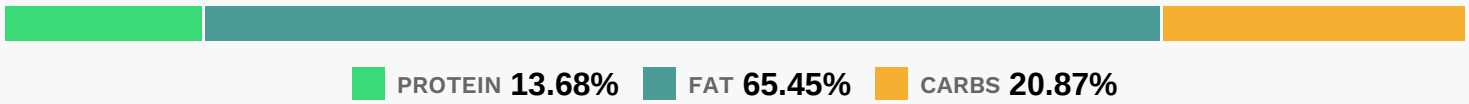
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ To prepare sauce, combine first 6 ingredients in a small bowl, and stir with a whisk. Set aside.

- ☐ Preheat oven to 47
- ☐ To prepare eggplant, slice the eggplants in half lengthwise; score cut sides with a crosshatch pattern.
- ☐ Place the eggplant halves, cut sides down, on a baking sheet coated with cooking spray.
- ☐ Bake at 475 for 7 minutes or until slightly tender and browned.
- ☐ Remove from oven; carefully scoop out pulp, leaving a 3/4-inch shell. Reserve pulp for another use. Season cut sides with 1/4 teaspoon salt.
- ☐ Combine remaining 1/2 teaspoon salt, onion, and next 11 ingredients (through chickpeas) in a food processor; process until smooth. Spoon 1/2 cup chickpea mixture into each eggplant shell.
- ☐ Bake at 475 for 25 minutes or until eggplant halves are tender and chickpea mixture is lightly browned.
- ☐ To prepare relish, combine the tomato and remaining ingredients in a bowl; stir to combine.
- ☐ Place 1 eggplant half on each of 4 plates. Top each half with 1/4 cup relish and 1 1/2 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:96.82, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:41.86826052873%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 896.45kcal (44.82%), Fat: 69.69g (107.22%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 36.96g (13.44%), Sugar: 21.97g (24.41%), Cholesterol: 93mg (31%), Sodium: 559.09mg

(24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.57%), Vitamin K: 199.26µg (189.77%), Manganese: 2.23mg (111.56%), Vitamin B3: 16.63mg (83.15%), Vitamin E: 11.63mg (77.52%), Magnesium: 239.86mg (59.96%), Phosphorus: 584.92mg (58.49%), Fiber: 13.05g (52.19%), Folate: 192.73µg (48.18%), Copper: 0.89mg (44.46%), Vitamin B6: 0.8mg (40.19%), Potassium: 1343.44mg (38.38%), Vitamin C: 31.35mg (38.01%), Vitamin B1: 0.54mg (35.76%), Vitamin A: 1518.35IU (30.37%), Iron: 5.21mg (28.96%), Zinc: 4.24mg (28.3%), Vitamin B2: 0.46mg (27.19%), Selenium: 18.77µg (26.82%), Vitamin B5: 2.21mg (22.08%), Calcium: 155.28mg (15.53%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.5µg (3.33%)