



Flourless Eggplant Pizza



Gluten Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 large eggplant sliced into thin rounds
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.3 cup tomato sauce

Equipment

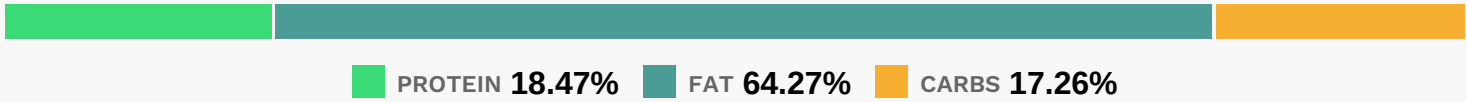
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Arrange eggplant rounds on a baking sheet;lightly coat with olive oil.
- ☐ Bake eggplant rounds in preheated oven until hot, about 5 minutes.
- ☐ Flip the eggplant rounds; top with Parmesan cheese in an even layer to cover. Return eggplant to oven and bake until the cheese is melted, about 5 minutes.
- ☐ Drop a dollop of tomato sauce into the center of each eggplant round; top with Cheddar cheese.
- ☐ Bake until Cheddar cheese is bubbling, about 5 minutes more. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:11.707826007967%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 282.65kcal (14.13%), Fat: 20.74g (31.9%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 8.45g (3.07%), Sugar: 5.58g (6.2%), Cholesterol: 40.58mg (13.53%), Sodium: 756.67mg (32.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Calcium: 370.69mg (37.07%), Phosphorus: 283.42mg (28.34%), Selenium: 14.67µg (20.96%), Manganese: 0.35mg (17.26%), Fiber: 4.07g (16.29%), Vitamin E: 2.21mg (14.73%), Vitamin B2: 0.24mg (14.02%), Zinc: 2.05mg (13.65%), Potassium: 445.38mg (12.73%), Vitamin A: 608.65IU (12.17%), Vitamin K: 10.41µg (9.91%), Magnesium: 36.16mg (9.04%), Vitamin B12: 0.54µg (8.95%), Folate: 34.34µg (8.58%), Vitamin B6: 0.17mg (8.49%), Copper: 0.16mg (7.86%), Vitamin C: 5.38mg (6.52%), Vitamin B5: 0.61mg (6.08%), Vitamin B3: 1.18mg (5.89%), Iron: 0.85mg (4.7%), Vitamin B1: 0.07mg (4.45%), Vitamin D: 0.24µg (1.59%)