



## Greek Eggplant, Tomato, and Feta Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup basil fresh shredded
- ☐ 0.3 cup mazola canola oil
- ☐ 1 pound eggplant
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 garlic cloves pressed
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 teaspoon pepper
- ☐ 16 ounce baked pizza shell

☐ 0.8 teaspoon salt

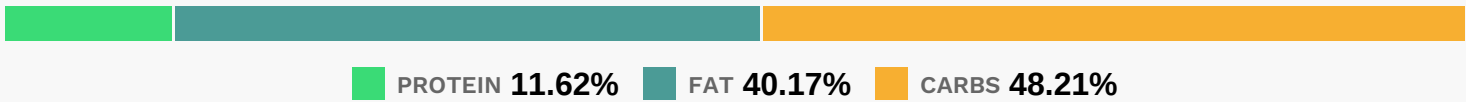
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together first 6 ingredients, and set aside.
- ☐ Cut eggplant crosswise into 1/2-inch-thick slices.
- ☐ Brush both sides evenly with oil, and place on an aluminum foil-lined baking sheet.
- ☐ Broil 2 minutes on each side or until lightly browned.
- ☐ Arrange eggplant evenly on pizza crust; top with tomato mixture, and sprinkle with cheese.
- ☐ Bake at 450 for 8 to 10 minutes or until thoroughly heated.
- ☐ Serve immediately.
- ☐ \* 1 large tomato, seeded and chopped, may be substituted for grape tomatoes; 4 pita bread rounds or 1 French bread loaf may be substituted for pizza shell.

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:3.36, Inflammation Score:-8, Nutrition Score:15.616956430933%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 568.38kcal (28.42%), Fat: 25.72g (39.57%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 69.44g (23.15%), Net Carbohydrates: 62.77g (22.82%), Sugar: 10.05g (11.16%), Cholesterol: 25.23mg (8.41%), Sodium:

1371.01mg (59.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.48%), Vitamin K: 36.69µg (34.94%), Calcium: 276.44mg (27.64%), Fiber: 6.68g (26.71%), Vitamin A: 1290.86IU (25.82%), Manganese: 0.51mg (25.44%), Vitamin C: 19.71mg (23.89%), Vitamin E: 3.51mg (23.39%), Iron: 4.06mg (22.53%), Vitamin B2: 0.31mg (18.12%), Potassium: 584.85mg (16.71%), Vitamin B6: 0.33mg (16.7%), Phosphorus: 157.03mg (15.7%), Folate: 53.89µg (13.47%), Copper: 0.19mg (9.62%), Magnesium: 37.97mg (9.49%), Vitamin B1: 0.14mg (9.06%), Vitamin B3: 1.76mg (8.8%), Zinc: 1.25mg (8.34%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.72mg (7.17%), Selenium: 4.83µg (6.9%)