



Greek-Style Stuffed Eggplant

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 eggplants cut in half lengthwise (3 pounds)
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 ounce bread french
- ☐ 0.5 cup parsley fresh divided chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 cup plum tomatoes chopped

- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup water
- ☐ 0.3 cup white wine

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking pan
- ☐ broiler
- ☐ microwave

Directions

- ☐ Carefully remove pulp from each eggplant, reserving shells. Coarsely chop pulp to measure 6 cups.
- ☐ Place eggplant shells, cut sides down, in a 10-inch square baking dish.
- ☐ Add water to dish. Cover and microwave at high 5 minutes or until shells are tender. Keep warm.
- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add eggplant pulp; saute 7 minutes.
- ☐ Add onion; saut 2 minutes. Stir in tomato, wine, and garlic; cook 3 minutes or until liquid almost evaporates, stirring occasionally.
- ☐ Remove from heat; add feta, 1/4 cup parsley, 1/2 teaspoon salt, and pepper, stirring to combine. Spoon 3/4 cup eggplant mixture into each eggplant shell.
- ☐ Place the bread slices in food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- ☐ Combine breadcrumbs, 1/4 cup parsley, 1/4 teaspoon salt, and Parmesan, stirring well.
- ☐ Sprinkle 1/4 cup breadcrumb mixture over each stuffed shell. Arrange shells on a baking sheet coated with cooking spray; broil 2 minutes or until lightly browned.

Nutrition Facts



 **PROTEIN 17.57%**  **FAT 30.42%**  **CARBS 52.01%**

Properties

Glycemic Index:84.63, Glycemic Load:9.75, Inflammation Score:-9, Nutrition Score:22.072173960831%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 226.04kcal (11.3%), Fat: 7.73g (11.89%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 20.83g (7.57%), Sugar: 12.24g (13.6%), Cholesterol: 26.93mg (8.98%), Sodium: 899.83mg (39.12%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 10.04g (20.09%), Vitamin K: 136.8µg (130.29%), Manganese: 0.82mg (40.86%), Fiber: 8.9g (35.59%), Vitamin C: 26.78mg (32.46%), Vitamin A: 1318.01IU (26.36%), Folate: 105.17µg (26.29%), Vitamin B2: 0.43mg (25.13%), Potassium: 822.42mg (23.5%), Vitamin B6: 0.47mg (23.39%), Calcium: 229.5mg (22.95%), Phosphorus: 219.22mg (21.92%), Vitamin B1: 0.29mg (19.11%), Magnesium: 59.77mg (14.94%), Vitamin B3: 2.99mg (14.93%), Copper: 0.29mg (14.51%), Selenium: 10.11µg (14.44%), Iron: 2.09mg (11.61%), Zinc: 1.7mg (11.31%), Vitamin B5: 1.13mg (11.3%), Vitamin B12: 0.51µg (8.49%), Vitamin E: 1.16mg (7.73%)