



Grilled Eggplant Stack

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 0.3 cup cooking wine dry red
- 1 pound eggplant
- 1 tablespoon basil fresh chopped
- 2 ounces goat cheese
- 1 teaspoon olive oil

- 1 teaspoon oregano fresh chopped
- 1 large bell pepper red seeded quartered
- 0.8 teaspoon salt divided
- 4 ounces baby squash yellow
- 4 ounces zucchini

Equipment

- paper towels
- sauce pan
- grill
- colander

Directions

- Place eggplant slices in a colander.
- Sprinkle evenly with 1/2 teaspoon salt; toss well.
- Let stand 10 minutes. Rinse slices thoroughly; dry with paper towels.
- Combine vinegar, wine, and sugar in a small saucepan over medium heat; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 8 minutes).
- Prepare grill.
- Trim ends from the zucchini and yellow squash; slice each lengthwise into 4 (1/4-inch-thick) slices. Flatten pepper pieces with hand.
- Brush eggplant, zucchini, squash, and pepper pieces with oil; sprinkle with remaining 1/4 teaspoon salt and black pepper.
- Place pepper pieces, skin side down, eggplant, zucchini, and squash on a grill rack; grill 8 minutes or until tender, turning once.
- Combine cheese, basil, and oregano.
- To assemble stack, place 1 eggplant slice on a plate; top with one-fourth of cheese mixture.
- Lay one strip of yellow squash and one strip of zucchini side by side.
- Drizzle with 1 1/2 teaspoons balsamic mixture. Top with one pepper piece. Top with one eggplant slice and drizzle with 1 1/2 teaspoons balsamic mixture. Repeat procedure three

times with remaining eggplant, cheese, squash, zucchini, peppers, and balsamic mixture.

Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 15.35% **FAT 31.01%** **CARBS 53.64%**

Properties

Glycemic Index:66.5, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:13.514782643836%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 134.26kcal (6.71%), Fat: 4.49g (6.9%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 12.35g (4.49%), Sugar: 12.5g (13.89%), Cholesterol: 6.52mg (2.17%), Sodium: 499.63mg (21.72%), Alcohol: 1.58g (100%), Alcohol %: 0.76% (100%), Protein: 4.99g (9.99%), Vitamin C: 64.97mg (78.75%), Vitamin A: 1605.18IU (32.1%), Manganese: 0.49mg (24.68%), Fiber: 5.11g (20.44%), Vitamin B6: 0.37mg (18.28%), Folate: 62.11µg (15.53%), Potassium: 529.52mg (15.13%), Vitamin K: 14.29µg (13.61%), Copper: 0.24mg (12.24%), Vitamin B2: 0.2mg (11.81%), Phosphorus: 100.07mg (10.01%), Magnesium: 37.06mg (9.27%), Vitamin E: 1.32mg (8.81%), Vitamin B3: 1.5mg (7.48%), Iron: 1.27mg (7.04%), Vitamin B1: 0.1mg (6.92%), Vitamin B5: 0.66mg (6.58%), Calcium: 58.21mg (5.82%), Zinc: 0.62mg (4.14%), Selenium: 0.96µg (1.37%)