



Hariton's 'Famous' Vegetarian Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



36

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 8 large eggplants
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup dill weed fresh chopped
- ☐ 1 pound green beans fresh
- ☐ 2 bulbs garlic separated peeled
- ☐ 8 bell peppers green
- ☐ 1 pound mushrooms fresh whole

- ☐ 0.8 cup olive oil
- ☐ 8 large onions
- ☐ 0.3 cup oregano fresh chopped
- ☐ 8 large potatoes
- ☐ 36 servings salt and pepper to taste
- ☐ 8 summer squash
- ☐ 6 tomatoes

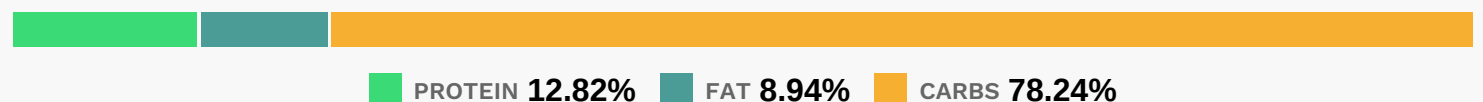
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant.
- ☐ Let this sit for about 3 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cut the potatoes, green bell peppers, onion, squash and tomatoes into 2-inch chunks.
- ☐ Cut the green beans and mushrooms in half and peel the garlic cloves.
- ☐ Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan.
- ☐ Pour the tomato sauce and olive oil over all.
- ☐ Bake at 375 degrees F (190 degrees C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:13.22, Inflammation Score:-8, Nutrition Score:15.233043535896%

Flavonoids

Delphinidin: 87.21mg, Delphinidin: 87.21mg, Delphinidin: 87.21mg, Delphinidin: 87.21mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 136.64kcal (6.83%), Fat: 1.48g (2.28%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 21.74g (7.9%), Sugar: 8.87g (9.86%), Cholesterol: 0mg (0%), Sodium: 262.48mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin C: 55.33mg (67.07%), Manganese: 0.61mg (30.41%), Fiber: 7.4g (29.59%), Vitamin B6: 0.59mg (29.34%), Potassium: 945.49mg (27.01%), Vitamin K: 19.19µg (18.28%), Folate: 68.96µg (17.24%), Copper: 0.3mg (15.1%), Magnesium: 56.03mg (14.01%), Vitamin B3: 2.71mg (13.56%), Vitamin B2: 0.22mg (12.97%), Phosphorus: 127.46mg (12.75%), Vitamin B1: 0.19mg (12.58%), Vitamin A: 559.19IU (11.18%), Iron: 1.71mg (9.48%), Vitamin B5: 0.94mg (9.41%), Vitamin E: 1mg (6.64%), Zinc: 0.79mg (5.27%), Calcium: 51.32mg (5.13%), Selenium: 2.16µg (3.09%)