



Heirloom Tomato and Eggplant Terrine

 **Gluten Free**

READY IN



633 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1.5 inch eggplant
- 1 tablespoon chives fresh divided finely chopped
- 4 ounces mozzarella fresh cut into 1/8-inch-thick slices
- 1 tablespoon thyme sprigs fresh divided chopped
- 2 garlic clove crushed
- 1 tablespoon gelatin powder unflavored
- 4 medium heirloom tomatoes cut into 1/4-inch-thick slices

- 1 medium leek chopped
- 1.5 tablespoons olive oil extra virgin extra-virgin
- 0.8 teaspoon salt divided
- 1 medium tomatoes quartered
- 1 cup water

Equipment

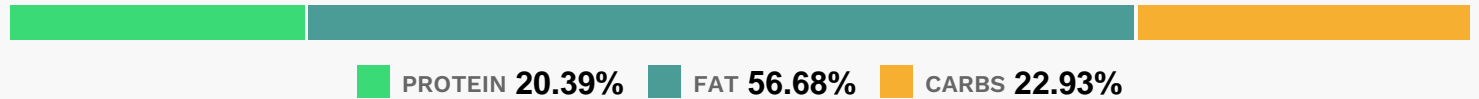
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- oven
- sieve
- plastic wrap
- loaf pan

Directions

- Preheat oven to 45
- Place heirloom tomato slices on several layers of paper towels. Top with a single layer of paper towels.
- Let stand 15 minutes.
- Combine 1 cup water, garlic, leek, and quartered tomato in a medium saucepan; bring to a boil. Reduce heat; simmer 10 minutes. Strain through a sieve over a bowl, pressing to extract liquid; discard solids.
- Pour liquid into pan; stir in 1/2 teaspoon salt and 1/4 teaspoon pepper. Cool to room temperature.
- Sprinkle with gelatin; let stand 5 minutes. Bring gelatin mixture to a boil; boil 3 minutes.
- Remove from heat.

- Lightly brush eggplant slices with oil; arrange in a single layer on a baking sheet coated with parchment paper.
- Bake at 450 for 10 minutes; turn and bake an additional 5 minutes or until tender.
- Lightly coat a 9 x 5-inch loaf pan with cooking spray. Line pan with plastic wrap. Arrange tomato slices in a double layer on bottom of pan; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Top tomatoes with a thin layer of cheese; sprinkle with 1 1/2 teaspoons thyme and 1 1/2 teaspoons chives. Arrange 3 eggplant slices over cheese. Repeat layers, ending with tomatoes.
- Pour gelatin mixture over terrine. Cover with plastic wrap. Chill 8 hours or overnight.
- Turn terrine out onto a platter.
- Let stand 1 hour (or until room temperature).

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:4.1208695639735%

Flavonoids

Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 61.22kcal (3.06%), Fat: 4g (6.16%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.76g (1.95%), Cholesterol: 7.47mg (2.49%), Sodium: 210.97mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin A: 653.6IU (13.07%), Vitamin C: 9.15mg (11.1%), Vitamin K: 9.49µg (9.04%), Manganese: 0.13mg (6.43%), Calcium: 62.14mg (6.21%), Phosphorus: 50.31mg (5.03%), Potassium: 150.27mg (4.29%), Vitamin E: 0.62mg (4.12%), Vitamin B12: 0.22µg (3.59%), Vitamin B6: 0.07mg (3.55%), Fiber: 0.88g (3.51%), Folate: 13.89µg (3.47%), Copper: 0.06mg (3.13%), Selenium: 1.99µg (2.84%), Magnesium: 11.28mg (2.82%), Iron: 0.48mg (2.65%), Zinc: 0.39mg (2.63%), Vitamin B2: 0.04mg (2.58%), Vitamin B1: 0.03mg (1.87%), Vitamin B3: 0.36mg (1.82%)