



Herbed Eggplant (Aubergine) Souffle

READY IN



70 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs fresh
- 2 tablespoons butter
- 0.1 teaspoon ground pepper to taste
- 1 stalk celery diced
- 0.5 teaspoon thyme dried
- 1.5 pounds eggplant diced peeled
- 4 eggs separated at room temperature
- 2 tablespoons flour
- 2 tablespoons basil fresh minced

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- 3 garlic clove minced
- 0.3 teaspoon pepper fresh to taste
- 1 teaspoon olive oil
- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt to taste
- 0.8 cup mozzarella cheese shredded
- 1 cup onion sweet chopped
- 0.3 cup vegetable stock
- 0.5 cup milk whole

Equipment

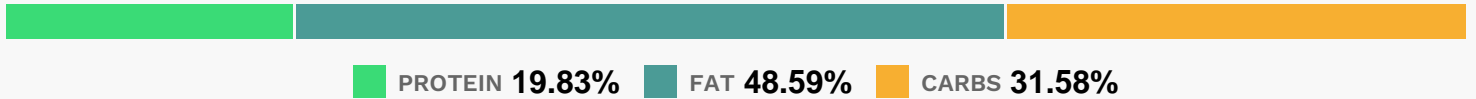
- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F; butter or oil a 1-1/2 quart baking casserole or souffle pan.Over medium heat in a large skillet (with a cover) or round French oven (my Le Creuset works wonderfully well), melt butter and oil together, then add the onion, celery, and garlic and saute over low heat until the onion is translucent.
- Sprinkle in the flour and stir well until incorporated.
- Add the basil, oregano, and thyme and saute, stirring, until flour begins to brown.
- Add the milk and the diced eggplant.Reduce heat to low, cover, and cook, until the eggplant is very tender, about 15 to 20 minutes; check the mixture every 5 minutes or so and stir, adding water or broth to keep the bottom of the skillet moist.
- Remove from heat and transfer to a large bowl; allow to cool for 5 minutes, stirring occasionally.In a bowl, combine the bread crumbs, mozzarella, Parmesan, salt, pepper, and 4 egg yolks and stir well to coat.

- Add yolk mixture to the eggplant mixture and stir well; set aside. In a separate bowl, beat the egg whites until stiff peaks form. Gently fold the whipped egg whites into the eggplant mixture.
- Pour souffl mixture into the buttered casserole or souffl pan and bake at 350 degrees F for 40 to 45 minutes, or until it is a nice golden brown and is puffy.
- Remove from oven and let sit for 5 minutes, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:89.33, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:13.362173888994%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 257.09kcal (12.85%), Fat: 14.13g (21.74%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 16.26g (5.91%), Sugar: 7.35g (8.17%), Cholesterol: 139.9mg (46.63%), Sodium: 622.06mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Selenium: 18.59µg (26.55%), Phosphorus: 239.41mg (23.94%), Manganese: 0.48mg (23.88%), Calcium: 231.84mg (23.18%), Vitamin B2: 0.34mg (19.78%), Fiber: 4.41g (17.63%), Folate: 64.73µg (16.18%), Vitamin K: 16.14µg (15.37%), Vitamin B12: 0.84µg (14.03%), Vitamin B1: 0.2mg (13.16%), Vitamin A: 646.08IU (12.92%), Potassium: 441.86mg (12.62%), Vitamin B6: 0.25mg (12.27%), Zinc: 1.65mg (10.99%), Vitamin B5: 1.01mg (10.14%), Iron: 1.76mg (9.76%), Magnesium: 37.27mg (9.32%), Copper: 0.17mg (8.73%), Vitamin B3: 1.64mg (8.21%), Vitamin E: 1.03mg (6.84%), Vitamin D: 0.91µg (6.05%), Vitamin C: 4.77mg (5.78%)