



Italian Eggplant

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 5.2 ounce vegetable protein sausage breakfast patties frozen (such as Morningstar Farms)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon basil leaves dried
- ☐ 1.5 pound eggplant
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup tomato and basil pasta sauce (such as Classico)

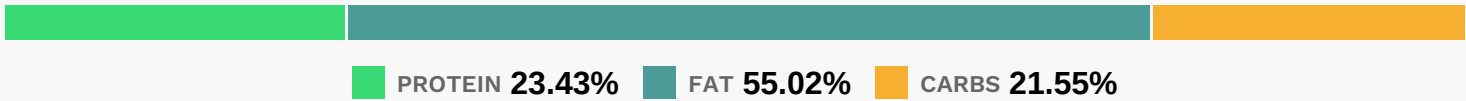
Equipment

- ☐ baking sheet
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler.
- ☐ Partially thaw breakfast patties in microwave at HIGH 10 to 15 seconds; crumble into small pieces.
- ☐ Remove stem end of eggplant; slice eggplant lengthwise into 4 (1/2-inch) slices. Arrange slices on a baking sheet coated with cooking spray. Lightly coat slices with spray, and broil 4 minutes. Turn slices, coat with cooking spray, and broil 2 minutes.
- ☐ Sprinkle salt over eggplant; top evenly with crumbled breakfast patties, and broil 1 minute.
- ☐ Combine pasta sauce, basil, and red pepper.
- ☐ Spoon sauce over eggplant, and top with cheese. Broil 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:11.487391420033%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 244.2kcal (12.21%), Fat: 15.18g (23.35%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 7.41g (2.69%), Sugar: 8.02g (8.91%), Cholesterol: 44.68mg (14.89%), Sodium: 647.96mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.09%), Calcium: 253.72mg (25.37%), Fiber: 5.97g (23.88%), Phosphorus: 222.71mg (22.27%), Manganese: 0.43mg (21.26%), Potassium: 587.56mg (16.79%), Vitamin B3: 2.89mg (14.43%), Vitamin B6: 0.28mg (14.01%), Zinc: 1.88mg (12.5%), Vitamin B2: 0.2mg (11.61%), Vitamin B1: 0.17mg (11.54%), Vitamin K: 10.91µg (10.39%), Folate: 41.13µg (10.28%), Magnesium: 37.37mg (9.34%), Vitamin B12: 0.55µg (9.1%), Copper: 0.18mg (8.76%), Vitamin B5: 0.75mg (7.5%), Vitamin A: 364.14IU (7.28%), Iron: 1.24mg (6.86%), Selenium: 4.61µg (6.59%), Vitamin C: 5.13mg (6.22%), Vitamin E: 0.67mg (4.47%), Vitamin D: 0.56µg (3.76%)