



Italian Eggplant Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1.5 pounds eggplant (2 small)
- ☐ 0.8 cup mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 teaspoon thyme leaves fresh minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 teaspoon hot sauce

- ☐ 0.3 cup no-salt-added chicken broth undiluted canned
- ☐ 0.5 cup onion chopped
- ☐ 0.8 teaspoon oregano fresh minced
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 2 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup no-salt-added tomato paste
- ☐ 16 ounce no-salt-added tomato sauce canned

Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut eggplant into 1/4-inch-thick slices. Arrange eggplant, in batches, in a vegetable steamer over boiling water. Cover and steam 8 to 10 minutes or until tender.
- ☐ Drain on paper towels, and set aside.
- ☐ Heat chicken broth in a large saucepan over medium-high heat until hot.
- ☐ Add mushrooms, onion, celery, green onions, and green pepper.
- ☐ Saute until vegetables are tender.
- ☐ Remove from heat; add tomato sauce and next 6 ingredients, stirring well. Set aside.
- ☐ Arrange half of eggplant slices in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray. Spoon half of tomato mixture over eggplant; sprinkle 1/4 cup mozzarella cheese over tomato mixture. Repeat procedure with remaining eggplant, tomato mixture, and mozzarella cheese. Top with Parmesan cheese.
- ☐ Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:9.8843477886656%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 76.2kcal (3.81%), Fat: 1.97g (3.04%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 7.75g (2.82%), Sugar: 7g (7.78%), Cholesterol: 5.62mg (1.87%), Sodium: 413.59mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Vitamin K: 32.11µg (30.58%), Vitamin C: 14.82mg (17.96%), Fiber: 4.43g (17.72%), Manganese: 0.35mg (17.45%), Potassium: 548.07mg (15.66%), Vitamin A: 608.98IU (12.18%), Copper: 0.22mg (10.79%), Vitamin E: 1.54mg (10.25%), Phosphorus: 100.98mg (10.1%), Calcium: 98.82mg (9.88%), Vitamin B6: 0.19mg (9.69%), Vitamin B3: 1.9mg (9.49%), Vitamin B2: 0.16mg (9.31%), Folate: 35.75µg (8.94%), Magnesium: 31.11mg (7.78%), Iron: 1.34mg (7.43%), Vitamin B5: 0.61mg (6.13%), Selenium: 3.43µg (4.91%), Vitamin B1: 0.07mg (4.82%), Zinc: 0.68mg (4.54%), Vitamin B12: 0.09µg (1.43%)