



 **51%**
HEALTH SCORE

Italian Stuffed Eggplant

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- 1 cup brown rice cooked
- 2 medium eggplants
- 0.8 cup bell pepper green chopped
- 1 teaspoon penzey's southwest seasoning dried italian
- 1 cup mushrooms sliced
- 1.3 cups onion chopped
- 1 ounce parmesan cheese fresh grated
- 4 ounces part-skim mozzarella cheese shredded

- 1 tablespoon sunflower kernels unsalted toasted
- 0.8 cup tomatoes chopped
- 8 ounce no-salt-added tomato sauce canned
- 1.3 cups zucchini chopped

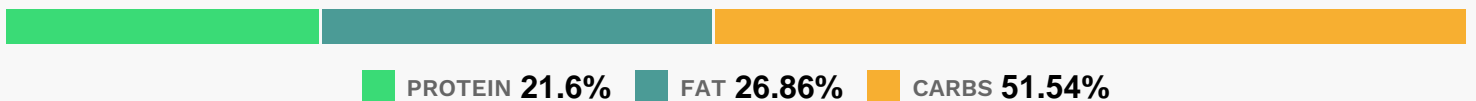
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Wash eggplants; cut each in half lengthwise.
- Remove pulp, leaving 1/4-inch-thick shells. Chop pulp; set aside 2 cups. (Reserve remaining pulp for another use.)
- Coat a large nonstick skillet with cooking spray; place over medium heat.
- Add onion and next 3 ingredients; saut until tender. Stir in 2 cups pulp, tomato, and tomato sauce. Cook, uncovered, 15 minutes.
- Remove from heat; stir in rice and next 3 ingredients.
- Arrange shells in a baking dish coated with cooking spray; spoon vegetable mixture evenly into shells.
- Bake, uncovered, at 350 for 10 minutes.
- Sprinkle with mozzarella cheese; bake 5 minutes.
- carbo rating: 26

Nutrition Facts



Properties

Glycemic Index:75.3, Glycemic Load:10.3, Inflammation Score:-9, Nutrition Score:24.861738997957%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 283.66kcal (14.18%), Fat: 9g (13.84%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 27.52g (10.01%), Sugar: 15.53g (17.26%), Cholesterol: 22.96mg (7.65%), Sodium: 571.73mg (24.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.56%), Manganese: 1.41mg (70.75%), Vitamin C: 46.48mg (56.34%), Fiber: 11.31g (45.25%), Calcium: 372.97mg (37.3%), Phosphorus: 367.65mg (36.76%), Potassium: 1149.64mg (32.85%), Vitamin B6: 0.62mg (30.94%), Magnesium: 101.13mg (25.28%), Copper: 0.5mg (24.95%), Folate: 97.2µg (24.3%), Vitamin B2: 0.41mg (23.99%), Vitamin B3: 4.38mg (21.88%), Vitamin B1: 0.28mg (18.97%), Vitamin E: 2.84mg (18.95%), Vitamin K: 19.43µg (18.5%), Vitamin A: 914.23IU (18.28%), Vitamin B5: 1.65mg (16.49%), Zinc: 2.33mg (15.51%), Selenium: 10.61µg (15.16%), Iron: 2.3mg (12.8%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.17µg (1.12%)