



WHATSheATE



Lebanese Style Stuffed Eggplant



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound lamb lean (not)
- ☐ 14.5 ounce frangelico diced canned
- ☐ 3 tablespoons flat parsley chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 cup jasmine rice long-grain
- ☐ 0.5 optional: lemon
- ☐ 2 cups chicken broth reduced-sodium

- ☐ 0.3 cup olive oil
- ☐ 1 large onion finely chopped
- ☐ 3 tablespoons pinenuts

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Hollow out each eggplant with a melon-ball cutter, working from bottom end and leaving about 1/3 inch eggplant flesh along interior walls.
- ☐ Rinse rice in a sieve under cold water until water runs clear.
- ☐ Drain well.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry pine nuts, stirring frequently, until golden, about 3 minutes, then transfer with a slotted spoon to a bowl. Sauté onion and garlic, stirring occasionally, until golden, 6 to 8 minutes.
- ☐ Transfer 1/2 cup onion mixture to bowl with pine nuts.
- ☐ Add stock, tomatoes, 3/4 teaspoon salt, and 1/4 teaspoon pepper to skillet and simmer, uncovered, while stuffing eggplant.
- ☐ Add rice, meat, allspice, 1 teaspoon salt, and 1/2 teaspoon pepper to bowl with onion mixture and mix well with your hands.
- ☐ Stuff eggplant with meat mixture, being careful not to pack tightly (rice will expand during cooking).
- ☐ Transfer stuffed eggplants to skillet with tomato sauce and simmer, covered, carefully turning once, until rice is cooked through, 50 minutes to 1 hour (cut 1 in half to test).
- ☐ If sauce is watery, transfer eggplant to a plate and boil sauce, stirring occasionally, until thickened slightly, 3 to 5 minutes, then adjust seasoning if necessary. Return stuffed eggplant to sauce. Squeeze lemon over dish and sprinkle with parsley before serving.

Nutrition Facts



 **PROTEIN 14.67%**  **FAT 65.64%**  **CARBS 19.69%**

Properties

Glycemic Index:31.78, Glycemic Load:8.22, Inflammation Score:-5, Nutrition Score:12.553912955782%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 357.66kcal (17.88%), Fat: 26.37g (40.57%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.58g (6.03%), Sugar: 1.61g (1.79%), Cholesterol: 41.39mg (13.8%), Sodium: 60.83mg (2.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Vitamin K: 43.09µg (41.03%), Manganese: 0.68mg (34.16%), Vitamin B3: 5mg (25.02%), Vitamin B12: 1.39µg (23.14%), Selenium: 13.34µg (19.05%), Zinc: 2.59mg (17.25%), Phosphorus: 170.85mg (17.09%), Vitamin E: 1.93mg (12.85%), Vitamin C: 9.76mg (11.83%), Copper: 0.22mg (10.91%), Vitamin B2: 0.17mg (10.2%), Iron: 1.77mg (9.81%), Potassium: 308.68mg (8.82%), Magnesium: 34.02mg (8.5%), Vitamin B6: 0.16mg (8.18%), Vitamin B1: 0.11mg (7.37%), Vitamin B5: 0.6mg (6.02%), Folate: 22.07µg (5.52%), Fiber: 1.22g (4.89%), Vitamin A: 174.3IU (3.49%), Calcium: 32.29mg (3.23%)