



Mediterranean Eggplant Provolone



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons capers drained
- ☐ 8 medium eggplant
- ☐ 1.5 tablespoons basil fresh divided chopped
- ☐ 0.7 cup parsley fresh chopped
- ☐ 2 cups plum tomatoes finely chopped (4)
- ☐ 6 ounce provolone cheese
- ☐ 0.1 teaspoon salt

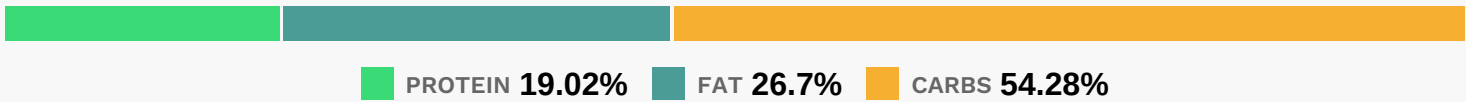
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 45
- ☐ Combine tomato, parsley, 1 tablespoon basil, capers, vinegar, and salt in a bowl; set aside.
- ☐ Place eggplant slices on a baking sheet coated with cooking spray; lightly coat eggplant with cooking spray.
- ☐ Bake at 450 for 10 minutes; turn.
- ☐ Bake 2 more minutes or until almost tender.
- ☐ Sprinkle with 1/2 tablespoon basil.
- ☐ Cut each cheese slice in half; place one cheese slice half on each eggplant slice.
- ☐ Bake 1 minute or until cheese melts.
- ☐ Remove from baking dish with a wide spatula.
- ☐ Place on individual plates; spoon 3/4 cup tomato mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:9.81, Inflammation Score:-10, Nutrition Score:42.164348182471%

Flavonoids

Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.51mg,

Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 407.77kcal (20.39%), Fat: 13.31g (20.48%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 60.9g (20.3%), Net Carbohydrates: 31.53g (11.47%), Sugar: 36.39g (40.43%), Cholesterol: 29.34mg (9.78%), Sodium: 523.37mg (22.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.68%), Vitamin K: 210.44µg (200.42%), Fiber: 29.37g (117.48%), Manganese: 2.3mg (114.87%), Potassium: 2500.39mg (71.44%), Vitamin C: 49.97mg (60.56%), Folate: 240.15µg (60.04%), Vitamin A: 2457.77IU (49.16%), Phosphorus: 466.53mg (46.65%), Vitamin B6: 0.91mg (45.31%), Calcium: 433.61mg (43.36%), Copper: 0.86mg (42.83%), Magnesium: 160.44mg (40.11%), Vitamin B3: 6.88mg (34.39%), Vitamin B2: 0.51mg (30.23%), Vitamin B5: 2.92mg (29.24%), Vitamin B1: 0.42mg (27.91%), Vitamin E: 3.6mg (24.01%), Zinc: 3.17mg (21.13%), Iron: 3.39mg (18.82%), Selenium: 8.97µg (12.82%), Vitamin B12: 0.62µg (10.35%), Vitamin D: 0.21µg (1.42%)