



## Mediterranean eggplants

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 50 g almonds
- 4 Tbs breadcrumbs homemade
- 1 eggs
- 4 small eggplant
- 50 g feta cheese crumbled
- 4 servings optional: dill fresh chopped
- 100 g mozzarella cheese grated
- 2 tablespoons olive oil
- 0.5 tsp pepper

350 g sausage fresh

## Equipment

bowl

baking sheet

baking paper

oven

## Directions

Wash eggplants, cut the stems and halve lengthwise. Scoop out the middle. In a bowl mix and combine sausage meat, egg, feta cheese, mozzarella, almonds and pepper. With a spoon, stuff the eggplants.

Sprinkle with breadcrumbs (about tablespoon on each eggplant) and olive oil.

Place the eggplants on a baking sheet lined with parchment paper and bake in the oven for 25 minutes on 230C.

Serve hot, sprinkled with fresh, chopped dill, chives or basil.

## Nutrition Facts



**PROTEIN 17.42%** **FAT 60.75%** **CARBS 21.83%**

## Properties

Glycemic Index:42.25, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:31.223913043478%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 678.78kcal (33.94%), Fat: 47.14g (72.52%), Saturated Fat: 14.71g (91.95%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 22.29g (8.11%), Sugar: 17.63g (19.59%), Cholesterol: 134.79mg (44.93%), Sodium: 954.11mg (41.48%), Protein: 30.41g (60.82%), Manganese: 1.49mg (74.58%), Fiber: 15.82g (63.27%), Phosphorus: 457.54mg (45.75%), Vitamin B3: 8.37mg (41.83%), Potassium: 1423.11mg (40.66%), Vitamin B2: 0.69mg (40.37%), Vitamin E: 5.94mg (39.63%), Vitamin B1: 0.57mg (38.2%), Vitamin B6: 0.76mg (38.18%), Folate: 128.95µg (32.24%), Magnesium: 123.6mg (30.9%), Copper: 0.6mg (30.06%), Calcium: 296.44mg (29.64%), Zinc: 4.4mg (29.35%), Vitamin B12: 1.66µg (27.63%), Vitamin B5: 2.32mg (23.17%), Vitamin K: 22.5µg (21.43%), Selenium: 13.92µg (19.89%), Iron: 3.43mg (19.03%), Vitamin C: 10.77mg (13.06%), Vitamin D: 1.51µg (10.05%), Vitamin A: 461.33IU (9.23%)