



Mediterranean Stuffed Eggplant

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 medium eggplants
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 4 teaspoons olive oil divided

- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1.3 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 6 plum tomatoes chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1.5 teaspoons salt divided
- ☐ 1 medium summer squash chopped
- ☐ 1 medium zucchini chopped

Equipment

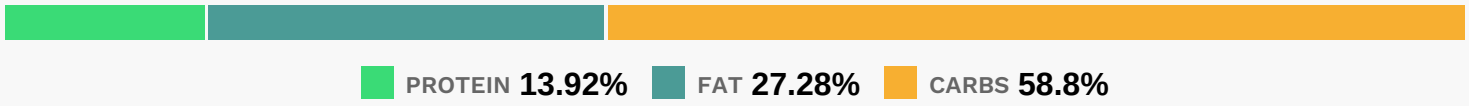
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Cut each eggplant in half lengthwise. Scoop out pulp, leaving a 1/4-inch-thick shell, and reserve pulp.
- ☐ Place eggplant halves, skin sides down, on a baking sheet coated with cooking spray; bake at 350 for 15 minutes.
- ☐ Chop the reserved eggplant pulp into 1/2-inch pieces.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add reserved eggplant to pan, and saut 8 minutes or until eggplant begins to brown.
- ☐ Place eggplant in a bowl. Coat pan with cooking spray.
- ☐ Add onion, and saut 5 minutes or until tender. Stir in red and green bell peppers and the next 7 ingredients (through squash); saut 6 minutes. Return eggplant to pan. Stir in 1 1/4 teaspoons salt and black pepper; saut for 5 minutes.
- ☐ Remove from heat; stir in feta cheese and 1/4 cup panko. Cool slightly. Spoon about 1 cup eggplant mixture into each eggplant shell.

- ☐
- Combine remaining 1 cup panko, remaining 1 teaspoon oil, and remaining 1/4 teaspoon salt.
- ☐
- Sprinkle panko mixture evenly over stuffed eggplants. Lightly coat with cooking spray.
- ☐
- Bake at 350 for 20 minutes or until thoroughly heated and tops begin to brown.
- ☐
- Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:23.581739026567%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 230.05kcal (11.5%), Fat: 7.28g (11.2%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 24.42g (8.88%), Sugar: 15.51g (17.23%), Cholesterol: 12.62mg (4.21%), Sodium: 849.79mg (36.95%), Alcohol: 1.03g (100%), Alcohol %: 0.27% (100%), Protein: 8.36g (16.72%), Vitamin C: 80.19mg (97.2%), Manganese: 1.04mg (51.99%), Fiber: 10.9g (43.59%), Vitamin A: 1662.18IU (33.24%), Vitamin B6: 0.65mg (32.53%), Potassium: 1055.59mg (30.16%), Folate: 118.77µg (29.69%), Vitamin K: 27.96µg (26.63%), Vitamin B2: 0.39mg (22.97%), Vitamin B1: 0.34mg (22.43%), Phosphorus: 191.73mg (19.17%), Vitamin B3: 3.6mg (18.02%), Magnesium: 71.84mg (17.96%), Copper: 0.34mg (17.08%), Calcium: 161.38mg (16.14%), Vitamin E: 2.17mg (14.46%), Iron: 2.3mg (12.77%), Vitamin B5: 1.2mg (11.97%), Zinc: 1.48mg (9.87%), Selenium: 6.59µg (9.41%), Vitamin B12: 0.28µg (4.72%)