



 **100%**
HEALTH SCORE

Mediterranean-Style Stuffed Eggplant

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 14.5 ounce canned tomatoes italian-style undrained canned
- 0.5 teaspoon marjoram dried
- 2 small eggplants
- 1 cup feta cheese with black peppercorns crumbled
- 0.3 teaspoon ground allspice
- 1 cup water
- 1.5 cups couscous whole wheat uncooked

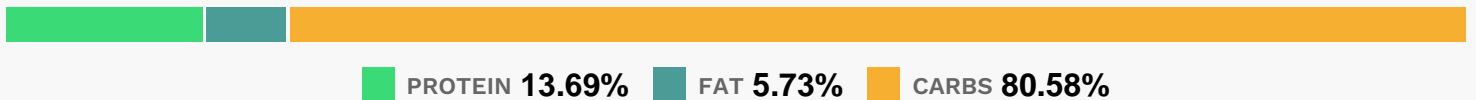
Equipment

- baking sheet
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350
- Prick each eggplant several times with a fork.
- Place eggplant on a baking sheet, and bake at 350 for 20 minutes. Cool.
- Cut each eggplant in half lengthwise; scoop out pulp, leaving 1/4-inch-thick shells. Chop pulp; set shells and pulp aside.
- Combine tomato and next 4 ingredients in a medium saucepan; bring to a boil, and stir in couscous. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork; stir in eggplant pulp.
- Spoon couscous mixture evenly into eggplant shells; place in a 13 x 9-inch baking dish coated with cooking spray. Top evenly with cheese. Cover and bake at 350 for 25 minutes or until thoroughly heated.
- carbo rating: 23

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:11.75, Inflammation Score:-8, Nutrition Score:31.562173760456%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 569.34kcal (28.47%), Fat: 4.19g (6.45%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 132.71g (44.24%), Net Carbohydrates: 101.11g (36.77%), Sugar: 15.14g (16.82%), Cholesterol: 0mg (0%), Sodium: 156.05mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.1%), Manganese: 8.27mg (413.6%), Fiber: 31.6g (126.4%), Vitamin K: 110.36µg (105.11%), Copper: 1.17mg (58.58%), Iron: 10.46mg (58.1%), Potassium: 1617.56mg (46.22%), Magnesium: 155.04mg (38.76%), Calcium: 352.55mg (35.26%), Vitamin B6: 0.52mg (25.95%), Folate: 73.87µg (18.47%), Phosphorus: 182.24mg (18.22%), Vitamin C: 14.55mg (17.63%), Vitamin B5: 1.76mg (17.57%), Vitamin E: 2.59mg (17.25%), Vitamin B3: 3.42mg (17.11%), Vitamin B1: 0.23mg (15.36%), Vitamin B2: 0.24mg (14.4%), Vitamin A: 598.84IU (11.98%), Zinc: 1.36mg (9.06%), Selenium: 4.21µg (6.01%)