



HEALTH SCORE

45%

Melitzanes Imam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



346 kcal

SIDE DISH

Ingredients

- 14.5 ounce canned tomatoes diced drained canned
- 1 eggplant
- 1 tablespoon garlic minced to taste
- 1 teaspoon ground cinnamon to taste
- 3 tablespoons olive oil
- 1 medium onion chopped
- 2 servings salt and pepper to taste
- 1 tablespoon tomato paste

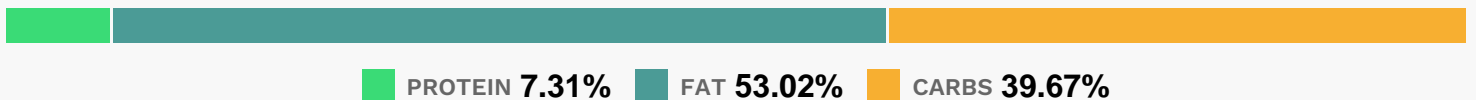
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Slice the eggplant in half lengthwise, and hollow out the halves leaving about a 1 centimeter shell. Set the flesh from the insides aside for later use.
- Place the shells on a baking tray, and drizzle with a little olive oil.
- Bake for about 30 minutes in the preheated oven, until soft.
- While those are baking, chop the leftover eggplant into small pieces.
- Heat about 2 tablespoons of olive oil in a large skillet over medium heat.
- Add the onion and garlic; cook and stir for a few minutes.
- Add the chopped eggplant; cook and stir until tender.
- Mix in the tomatoes and tomato paste until well blended. Simmer over low heat until the halves in the oven are ready.
- Remove the baked eggplant shells from the oven, and spoon in the tomato and eggplant mixture.
- Sprinkle a little cinnamon over the top of each one, and return them to the oven.
- Bake for another 30 minutes or so.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:8.24, Inflammation Score:-8, Nutrition Score:22.176956446274%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 345.65kcal (17.28%), Fat: 22.11g (34.02%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 24.58g (8.94%), Sugar: 20.5g (22.77%), Cholesterol: 0mg (0%), Sodium: 536.28mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Manganese: 1.24mg (62.23%), Fiber: 12.65g (50.61%), Vitamin E: 6.66mg (44.41%), Vitamin C: 31.06mg (37.64%), Potassium: 1308.64mg (37.39%), Vitamin B6: 0.64mg (31.76%), Vitamin K: 33.06µg (31.49%), Copper: 0.63mg (31.39%), Folate: 88.69µg (22.17%), Vitamin B3: 4.35mg (21.75%), Iron: 3.82mg (21.24%), Magnesium: 83.63mg (20.91%), Vitamin B1: 0.28mg (18.79%), Phosphorus: 150.08mg (15.01%), Vitamin B5: 1.32mg (13.21%), Vitamin B2: 0.22mg (13.15%), Vitamin A: 620.98IU (12.42%), Calcium: 123.61mg (12.36%), Zinc: 1.13mg (7.54%), Selenium: 3.22µg (4.6%)