



5%
HEALTH SCORE

Miso Eggplant Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon chicken powder
- 1 tablespoon cornstarch
- 1 eggplant
- 2 tablespoons flour all-purpose
- 1 clove garlic pressed
- 1 tablespoon cup heavy whipping cream
- 0.8 cup milk room temperature ()
- 4 tablespoons miso

- 0.8 cup parmesan cheese grated
- 4 servings salt and pepper to taste
- 0.8 cup spicy tofu soft
- 5 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish
- microwave

Directions

- Preheat the oven to 450 F.
- Cut the eggplant into bite size pieces and soak in water for 5 minutes.
- Drain and pat dry.
- Heat the oil in a pan on medium heat.
- Add the eggplant pieces and brown on both sides. Season with garlic, salt and pepper and hold. To make the miso-tofu sauce, drain the tofu in a seive. Sift together flour and cornstarch in a microwavable bowl. Slowly add milk to the flour mixture. Microwave on medium for 2 1/2 minutes.
- Whisk the mixture to a smooth paste.
- Add butter, stock powder, and heavy cream and mix thoroughly. While the mixture is still hot, stir in miso and crumble the tofu into the sauce.
- Mix till you have a thick paste-like consistency.
- Pour half of the tofu-miso sauce into a casserole dish, cover with cooked eggplant and sprinkle half of the cheese on top.
- Pour the remaining sauce into the dish and top with the remaining cheese.
- Bake for 20 minutes until the gratin is bubbling and golden brown in color.

Serve with rice.

Nutrition Facts

PROTEIN 14.1% **FAT 65.66%** **CARBS 20.24%**

Properties

Glycemic Index:74.75, Glycemic Load:6.12, Inflammation Score:-5, Nutrition Score:12.693913043478%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 418.91kcal (20.95%), Fat: 31.26g (48.09%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 16.81g (6.11%), Sugar: 7.62g (8.47%), Cholesterol: 33.6mg (11.2%), Sodium: 1261.14mg (54.83%), Protein: 15.11g (30.21%), Vitamin K: 41.1µg (39.14%), Calcium: 306.01mg (30.6%), Manganese: 0.47mg (23.48%), Phosphorus: 228.48mg (22.85%), Fiber: 4.86g (19.44%), Selenium: 10.62µg (15.17%), Vitamin B2: 0.24mg (14.03%), Vitamin E: 1.97mg (13.16%), Potassium: 413.33mg (11.81%), Zinc: 1.67mg (11.11%), Magnesium: 37.79mg (9.45%), Vitamin B6: 0.19mg (9.29%), Folate: 36.77µg (9.19%), Copper: 0.18mg (9.07%), Vitamin B12: 0.53µg (8.77%), Iron: 1.54mg (8.54%), Vitamin A: 420.09IU (8.4%), Vitamin B1: 0.12mg (8.27%), Vitamin B5: 0.65mg (6.46%), Vitamin B3: 1.2mg (5.98%), Vitamin D: 0.66µg (4.38%), Vitamin C: 2.78mg (3.37%)