



WHATSheATE



Mom's Stuffed Eggplant

READY IN



75 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup freshly basil leaves chopped
- ☐ 0.3 cup bread crumbs
- ☐ 1 eggs
- ☐ 1 large eggplant
- ☐ 3 cloves garlic minced
- ☐ 0.5 pound ground beef
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 small onion diced
- ☐ 0.5 cup freshly parsley leaves chopped

- ☐ 1.3 cup pecorino cheese divided grated
- ☐ 1 small bell pepper diced red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tomatoes chopped

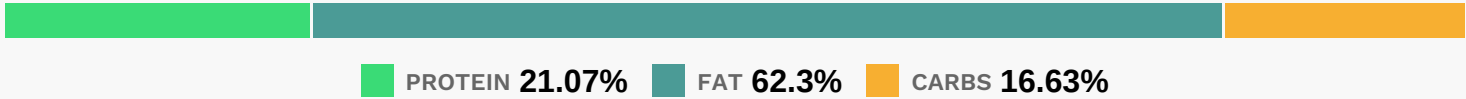
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut the eggplant in half and scoop out the center, leaving enough meat inside the skin so that it holds its shape when baked. Boil the scooped-out center part until very soft, about 10 to 12 minutes.
- ☐ Meanwhile, in a medium saute pan heat 1 tablespoon olive oil over medium heat. Season the beef with salt and pepper.
- ☐ Add the seasoned ground beef to the pan and saute until all of its liquid is evaporated and the beef begins to brown slightly.
- ☐ Drain the beef, removing the extra, unnecessary fat.
- ☐ Let cool briefly and chop the cooked beef so that there are no large chunks of meat. In another medium saute pan over medium heat add the remaining 2 tablespoons olive oil and saute the onions, peppers and garlic together.
- ☐ In a bowl mix together the cooked eggplant, vegetables, cooked beef, herbs, 1 cup of the cheese, bread crumbs, and the egg.
- ☐ Fill the scooped-out eggplant halves with this mixture, dividing it evenly among the 2 halves.
- ☐ Top with chopped tomatoes and the remaining 1/4 cup of grated cheese, season with salt and pepper, place on an oiled oven tray or baking dish, and bake for 50 minutes in preheated oven.
- ☐ Let cool briefly, slice widthwise and serve.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:26.643913051356%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 458.66kcal (22.93%), Fat: 32.16g (49.47%), Saturated Fat: 11.66g (72.89%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 13.78g (5.01%), Sugar: 7.96g (8.85%), Cholesterol: 113.68mg (37.89%), Sodium: 489.76mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin K: 154µg (146.67%), Vitamin C: 47.14mg (57.14%), Phosphorus: 421.76mg (42.18%), Vitamin A: 2098.IIU (41.96%), Calcium: 403.27mg (40.33%), Vitamin B12: 1.68µg (28.08%), Manganese: 0.55mg (27.64%), Selenium: 18.9µg (27.01%), Zinc: 3.91mg (26.08%), Vitamin B6: 0.5mg (24.82%), Fiber: 5.53g (22.12%), Vitamin B3: 4.33mg (21.64%), Vitamin B2: 0.36mg (21.4%), Potassium: 741.77mg (21.19%), Vitamin E: 2.99mg (19.94%), Folate: 78.32µg (19.58%), Iron: 3.07mg (17.06%), Magnesium: 59.84mg (14.96%), Vitamin B1: 0.2mg (13.54%), Copper: 0.24mg (11.94%), Vitamin B5: 1.13mg (11.31%), Vitamin D: 0.43µg (2.89%)