



New Orleans Eggplant Casserole

READY IN



270 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bread crumbs fresh french
- 0.5 pound bulk pork sausage hot jimmy dean® (such as)
- 2.5 tablespoons butter melted
- 1 pinch cayenne pepper to taste
- 0.5 cup celery chopped
- 3 large eggplants
- 0.3 cup fennel bulb chopped
- 2 cloves garlic minced
- 0.3 cup bell pepper green chopped

- 0.5 pound ground beef
- 3 tablespoons olive oil
- 0.3 cup onion chopped
- 1 dash pepper sauce hot to taste tabasco® (such as)
- 2 cups water
- 1 cup rice white uncooked

Equipment

- bowl
- frying pan
- sauce pan
- oven
- casserole dish
- colander

Directions

- Slice the eggplants 3/4 inch thick, and sprinkle each side with salt. Allow slices to drain in colander set in the sink for 2 to 3 hours. Wipe off excess salt, but do not rinse slices.
- Lay the slices into a large skillet with about 2 or 3 tablespoons of water. Cover, and steam over medium heat until tender, about 15 minutes.
- Remove and cut the slices into 3/4 inch cubes.
- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
- Heat olive oil in a large skillet over medium heat, and cook the eggplant cubes for about 10 minutes to slightly dry them, stirring occasionally. Stir in garlic, and cook until fragrant, about 2 more minutes.
- Transfer the eggplant to a large bowl.
- Cook the fennel in skillet until tender, 5 to 8 minutes; transfer into bowl with eggplant. In the same skillet, brown the pork sausage and ground beef, breaking the meat up into crumbles as

it cooks, about 10 minutes.

- Add meat to eggplant mixture.
- Drain excess fat from skillet; cook celery, onion, and green pepper until the celery has started to become tender and onion is translucent, 5 to 8 minutes.
- Transfer vegetables to bowl with eggplant and meat.
- Stir cayenne pepper and hot sauce into the mixture, combining the eggplant and meat thoroughly; gently stir in the cooked rice. Check for seasoning, and add salt if necessary.
- Place the mixture into the prepared casserole dish.
- Sprinkle the casserole with crumbs, and drizzle with melted butter.
- Bake in the preheated oven until hot, about 40 minutes.

Nutrition Facts

PROTEIN 13.66% **FAT 51.5%** **CARBS 34.84%**

Properties

Glycemic Index:57.53, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:18.559565160585%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 527.72kcal (26.39%), Fat: 30.46g (46.86%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 38.2g (13.89%), Sugar: 9.38g (10.42%), Cholesterol: 66.59mg (22.2%), Sodium: 389.01mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.37%), Manganese: 1mg (50.2%), Fiber: 8.17g (32.67%), Vitamin B3: 6.05mg (30.25%), Vitamin B6: 0.53mg (26.72%), Potassium: 836.64mg (23.9%), Phosphorus: 226.01mg (22.6%), Zinc: 3.3mg (21.97%), Vitamin B1: 0.33mg (21.95%), Vitamin B12: 1.17µg (19.53%), Selenium: 13.57µg (19.39%), Vitamin K: 19.35µg (18.43%), Folate: 71.62µg (17.91%), Copper: 0.35mg (17.6%), Vitamin B5: 1.51mg (15.05%), Magnesium: 59.37mg (14.84%), Vitamin B2: 0.25mg (14.76%), Vitamin E: 2.17mg (14.48%), Vitamin C: 11.82mg (14.33%), Iron: 2.5mg (13.88%), Calcium: 68.89mg (6.89%), Vitamin A: 299.6IU (5.99%), Vitamin D: 0.53µg (3.53%)