

What She Ate

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health-score 53%

HEALTH SCORE

## Quick Fake-Out

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 handful basil leaves chopped
- ☐ 1 cup bread crumbs
- ☐ 3 tablespoons butter
- ☐ 4 servings chicken stock see
- ☐ 5 small eggplants firm
- ☐ 3 cloves garlic finely chopped
- ☐ 1 pound ground beef
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 onion small to medium finely chopped

- ☐ 0.5 cup parsley leaves generous finely chopped
- ☐ 0.5 cup pecorino cheese finely grated
- ☐ 3 tablespoons pinenuts toasted
- ☐ 1 small handful raisins
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons tomato paste

## Equipment

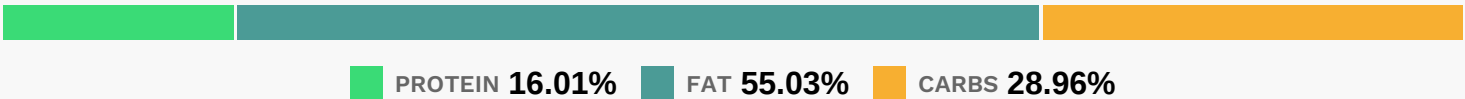
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Heat the oven to 475 degrees F.
- ☐ Halve 4 eggplants lengthwise.
- ☐ Pour about 1/4 cup extra-virgin olive oil on a rimmed baking sheet. Season the cut eggplant with salt and pepper, to taste, and arrange, cut side down, in the oil. Put in the oven and roast until tender, about 20 minutes.
- ☐ Peel the remaining eggplant and dice into 1/2-inch pieces. In a large skillet, over medium-high heat, add 1 tablespoon of extra-virgin olive oil. Stir in the beef or lamb, the tomato paste, onions, garlic, diced eggplant and raisins. Season with salt and pepper, to taste.
- ☐ Add the wine or stock, and cook until the eggplant and onions are soft, about 8 to 10 minutes.
- ☐ Remove from the heat and stir in the pine nuts and basil.
- ☐ While the meat cooks, melt the butter in small skillet over medium heat, add the bread crumbs and toast until golden.
- ☐ Transfer to a bowl and cool.
- ☐ Stir the parsley and cheese into the bread crumbs and add half of this mixture to the meat.
- ☐ Remove the eggplant from the oven, flip it over and transfer to a serving platter. Top each halved eggplant with a mound of stuffing and sprinkle the remaining cheesy bread crumbs

over the top before serving.

## Nutrition Facts



### Properties

Glycemic Index:100.45, Glycemic Load:9.63, Inflammation Score:-9, Nutrition Score:47.820434730986%

### Flavonoids

Delphinidin: 490.58mg, Delphinidin: 490.58mg, Delphinidin: 490.58mg, Delphinidin: 490.58mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

### Nutrients (% of daily need)

Calories: 999.22kcal (49.96%), Fat: 62.72g (96.49%), Saturated Fat: 20.36g (127.23%), Carbohydrates: 74.28g (24.76%), Net Carbohydrates: 53.97g (19.63%), Sugar: 28.27g (31.41%), Cholesterol: 123.29mg (41.1%), Sodium: 917.3mg (39.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.05g (82.11%), Vitamin K: 166.23µg (158.31%), Manganese: 2.4mg (119.9%), Fiber: 20.3g (81.2%), Vitamin B3: 14.92mg (74.58%), Potassium: 2216.86mg (63.34%), Phosphorus: 595.03mg (59.5%), Vitamin B6: 1.14mg (57.22%), Zinc: 7.42mg (49.48%), Folate: 196.75µg (49.19%), Selenium: 33.72µg (48.17%), Vitamin B2: 0.8mg (47.24%), Copper: 0.92mg (45.89%), Vitamin B1: 0.69mg (45.78%), Vitamin B12: 2.68µg (44.65%), Vitamin E: 6.18mg (41.2%), Magnesium: 157.96mg (39.49%), Iron: 6.96mg (38.64%), Vitamin C: 28.09mg (34.05%), Calcium: 292.5mg (29.25%), Vitamin B5: 2.51mg (25.09%), Vitamin A: 1236.79IU (24.74%), Vitamin D: 0.18µg (1.17%)