



Red Bell Pepper and Eggplant Tian with Anchovies

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



478 kcal

SIDE DISH

Ingredients

- ☐ 3 cups bread fresh french crustless
- ☐ 2 ounce oil-packed anchovies drained canned
- ☐ 2 pound eggplant peeled
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 9 tablespoons olive oil
- ☐ 7 tablespoons olives black pitted coarsely chopped

- ☐ 6 large plum tomatoes thinly sliced
- ☐ 2 pounds bell pepper red

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ broiler

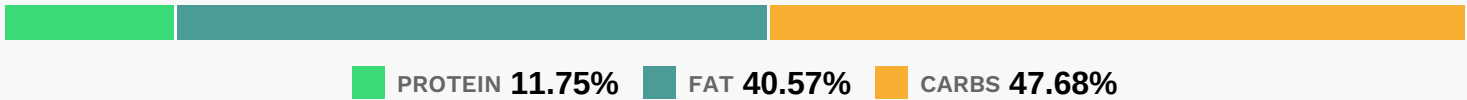
Directions

- ☐ Roast red bell peppers directly over gas flame or in broiler until blackened on all sides. Enclose peppers in paper bag and let stand 10 minutes. Peel and seed roasted peppers; cut into scant 1/2-inch-wide strips. (Roasted bell peppers can be prepared ahead. Cover and refrigerate up to 2 days.)
- ☐ Preheat oven to 450°F.
- ☐ Brush each of 2 large baking sheets with 1 tablespoon olive oil. Arrange eggplant rounds in single layer on baking sheets; sprinkle eggplant rounds on each baking sheet with 1 tablespoon olive oil.
- ☐ Bake until eggplant begins to soften but not brown, about 15 minutes.
- ☐ Remove from oven; maintain oven temperature.
- ☐ Heat 1 tablespoon olive oil in heavy large skillet over medium heat.
- ☐ Add 3 cups fresh breadcrumbs to skillet and sauté until golden, about 6 minutes.
- ☐ Remove skillet from heat.
- ☐ Arrange half of eggplant rounds in single layer in 12 x 9 x 2-inch oval baking dish.
- ☐ Sprinkle eggplant rounds with half of minced garlic, 1 tablespoon chopped fresh thyme and 3 tablespoons Niçois olives. Top with half each of thinly sliced plum tomatoes, anchovy fillets and roasted bell pepper strips, spacing evenly.
- ☐ Sprinkle lightly with salt and generously with black pepper.
- ☐ Drizzle with 2 tablespoons olive oil. Repeat layering with remaining eggplant rounds, minced garlic, 1 tablespoon thyme and 3 tablespoons Niçois olives. Top with remaining sliced plum

tomatoes, spacing evenly, leaving 1 1/2-inch-wide space at edge of baking dish. Arrange remaining roasted red bell peppers and anchovies between tomato slices.

- ☐ Drizzle with remaining 2 tablespoons olive oil.
- ☐ Sprinkle with 1 tablespoon Niçois olives.
- ☐ Bake assembled tian 30 minutes.
- ☐ Sprinkle toasted breadcrumbs and remaining 1 tablespoon chopped fresh thyme around edge of baking dish. Continue to bake tian until vegetables are very tender, about 15 minutes longer.
- ☐ Let tian stand 15 minutes.
- ☐ Serve tian hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:25.75, Inflammation Score:-10, Nutrition Score:31.854782635751%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 477.89kcal (23.89%), Fat: 22.22g (34.18%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 48.23g (17.54%), Sugar: 15.12g (16.8%), Cholesterol: 6.02mg (2.01%), Sodium: 798.83mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.95%), Vitamin C: 158.75mg (192.42%), Vitamin A: 4120.86IU (82.42%), Manganese: 1.57mg (78.58%), Selenium: 31.05µg (44.36%), Vitamin B3: 8.56mg (42.82%), Fiber: 10.51g (42.05%), Folate: 161.84µg (40.46%), Vitamin E: 5.32mg (35.49%), Vitamin B1: 0.5mg (33.19%), Vitamin B6: 0.6mg (30.03%), Iron: 5mg (27.75%), Vitamin K: 28µg (26.67%), Vitamin B2: 0.41mg (24.15%), Potassium: 796.4mg (22.75%), Phosphorus: 204.95mg (20.5%), Magnesium: 81.12mg (20.28%), Calcium: 166.6mg (16.66%), Copper: 0.32mg (16.01%), Vitamin B5: 1.53mg (15.3%), Zinc: 1.7mg (11.35%), Vitamin B12: 0.06µg (1.04%)