



Rice and Feta-Stuffed Baby Eggplant

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

Ingredients

- 1.3 pounds baby eggplants cut in half lengthwise
- 1 cup brown basmati rice cooked
- 0.3 cup cooking wine dry white
- 2 ounces feta cheese crumbled
- 2 tablespoons basil fresh finely chopped
- 1 tablespoon parsley fresh finely chopped
- 2 garlic cloves minced
- 1 jalapeno seeded finely chopped

- 2 teaspoons olive oil
- 1 cup onion finely chopped
- 1 teaspoon sea salt divided
- 0.5 teaspoon sugar
- 2 cups tomatoes chopped
- 1 cup bell pepper yellow finely chopped

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 37
- Combine tomato, dry white wine, sugar, and 1/4 teaspoon salt in a 13 x 9-inch baking dish; spread evenly.
- Scoop pulp from eggplant halves, leaving 1/4-inch-thick shells. Chop pulp.
- Sprinkle inside surfaces of eggplant shells with 1/4 teaspoon salt.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, garlic, and 1/2 teaspoon salt; saut 3 minutes. Stir in eggplant pulp, basil, and jalapeo; cover, reduce heat, and cook over low heat 10 minutes or until eggplant is tender.
- Remove from heat; stir in rice, cheese, and parsley.
- Spoon about 1/4 cup eggplant mixture into each eggplant shell, pressing gently; place shells, cut sides up, over tomato mixture in baking dish. Cover and bake at 375 for 15 minutes. Uncover; bake an additional 15 minutes or until shells are tender. Spoon about 1 1/2 tablespoons tomato mixture over each eggplant half.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



■ PROTEIN 15.09% ■ FAT 16.35% ■ CARBS 68.56%

Properties

Glycemic Index:111.04, Glycemic Load:28.12, Inflammation Score:-10, Nutrition Score:31.559999968695%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 399.54kcal (19.98%), Fat: 7.19g (11.06%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 56.05g (20.38%), Sugar: 12.51g (13.9%), Cholesterol: 12.62mg (4.21%), Sodium: 759.77mg (33.03%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 14.93g (29.85%), Vitamin C: 144.35mg (174.97%), Manganese: 2.6mg (130.19%), Vitamin K: 63.94µg (60.9%), Fiber: 11.78g (47.13%), Vitamin B1: 0.66mg (43.85%), Vitamin A: 2014.93IU (40.3%), Vitamin B6: 0.75mg (37.74%), Phosphorus: 371.72mg (37.17%), Folate: 137.97µg (34.49%), Magnesium: 137.61mg (34.4%), Vitamin B3: 6.06mg (30.32%), Copper: 0.5mg (24.88%), Potassium: 829.87mg (23.71%), Zinc: 3.44mg (22.96%), Vitamin B2: 0.37mg (21.74%), Iron: 3.67mg (20.4%), Calcium: 149.76mg (14.98%), Vitamin B5: 1.2mg (12.05%), Selenium: 5.24µg (7.49%), Vitamin E: 1.05mg (7%), Vitamin B12: 0.24µg (3.99%)