



WHATSheATE



HEALTH SCORE

76%

## Roast aubergine parmigiana



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

### Ingredients

- ☐ 2 tbsp olive oil extra-virgin
- ☐ 2 garlic cloves crushed
- ☐ 1 small bunch basil finely chopped
- ☐ 800 g cherry tomatoes canned
- ☐ 1 tbsp semi-dried tomato chopped
- ☐ 1 tsp clear honey
- ☐ 3 sprigs thyme removed
- ☐ 4 medium aubergines

- ☐ 2 balls mozzarella cheese light thinly sliced
- ☐ 25 g breadcrumb
- ☐ 25 g parmesan finely grated (or vegetarian alternative)

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers

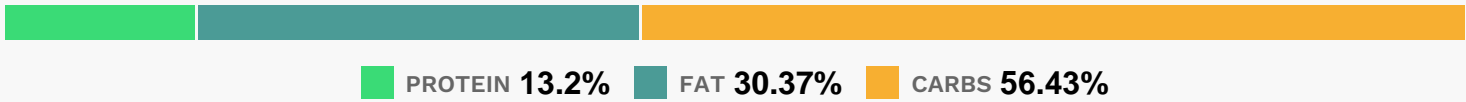
## Directions

- ☐ Heat 1 tbsp of the oil in a pan. Soften the garlic and the basil stalks for 1 min, without letting the garlic colour.
- ☐ Add both types of tomatoes, the honey, most of the thyme leaves and plenty of seasoning. Simmer for 5 mins you dont want the sauce to reduce too much at this stage.
- ☐ Meanwhile, heat oven to 200C/180C fan/gas
- ☐ Cut 6 slits down into the flesh of each aubergine crosswise, taking care not to cut all the way through. Season inside, then push a slice of the mozzarella and a basil leaf into each gap.
- ☐ Pour the tomato sauce into a large baking dish and sit the aubergines in it (or use 4 individual dishes).
- ☐ Drizzle with the remaining oil. Cover with foil and scrunch it tightly at the edges.
- ☐ Bake for 50 mins–1 hr until soft.
- ☐ Remove the foil.
- ☐ Mix the breadcrumbs and Parmesan, and scatter over the aubergines with the rest of the thyme.
- ☐ Bake, uncovered, for another 15 mins or until the aubergines are very tender and the crumbs are golden and crisp. (The best way to tell if they are ready is to prod the largest aubergine in the centre with a skewer.)
- ☐ Let the dish rest for 5 mins, then scatter over the rest of the basil leaves.

☐

Serve with crusty bread, if you like.

# Nutrition Facts



## Properties

Glycemic Index:77.82, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:26.117391315491%

## Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 275.07kcal (13.75%), Fat: 10.17g (15.65%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 42.53g (14.18%), Net Carbohydrates: 26.79g (9.74%), Sugar: 23.52g (26.13%), Cholesterol: 4.64mg (1.55%), Sodium: 182.12mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Manganese: 1.42mg (70.84%), Vitamin C: 58.2mg (70.55%), Fiber: 15.75g (62.99%), Potassium: 1563.54mg (44.67%), Folate: 136.55µg (34.14%), Vitamin K: 35.24µg (33.56%), Vitamin B6: 0.58mg (29.25%), Copper: 0.57mg (28.69%), Vitamin A: 1287.72IU (25.75%), Vitamin E: 3.54mg (23.59%), Magnesium: 92.97mg (23.24%), Vitamin B3: 4.63mg (23.13%), Phosphorus: 230.11mg (23.01%), Vitamin B1: 0.32mg (21.62%), Iron: 3.15mg (17.49%), Vitamin B5: 1.65mg (16.52%), Calcium: 162.02mg (16.2%), Vitamin B2: 0.27mg (16.13%), Zinc: 1.37mg (9.11%), Selenium: 5.74µg (8.2%), Vitamin B12: 0.11µg (1.8%)