



HEALTH SCORE

81%

Roasted Eggplant and Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



2

CALORIES



122 kcal

SIDE DISH

Ingredients



0.5 teaspoon basil dried



1 medium eggplant cubed peeled



1 clove garlic minced



8 ounce mushrooms sliced



2 servings salt and pepper to taste



1.5 tablespoons tomato paste



0.5 cup water



0.5 small onion yellow chopped

☐ 2 small zucchini cubed

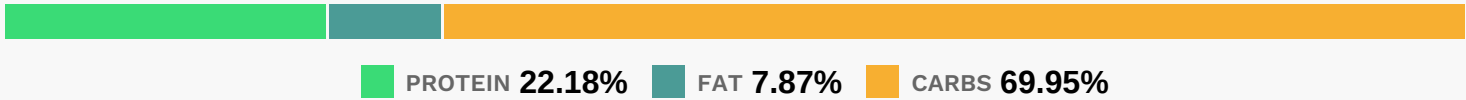
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Place eggplant, zucchini, onion and mushrooms in a 2 quart casserole dish. In a small bowl combine the tomato paste with the water, and stir in garlic, basil, salt and pepper.
- ☐ Pour over the vegetables and mix well.
- ☐ Bake in preheated oven for 45 minutes, or until eggplant is tender, stirring occasionally.
- ☐ Add water as necessary if vegetables begin to stick; however, vegetables should be fairly dry, with slightly browned edges.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:4.47, Inflammation Score:-8, Nutrition Score:21.425652089326%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 121.92kcal (6.1%), Fat: 1.27g (1.95%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 15.25g (5.55%), Sugar: 15.5g (17.22%), Cholesterol: 0mg (0%), Sodium: 312.38mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Manganese: 0.9mg (45.12%), Fiber: 10.1g (40.4%), Vitamin B2: 0.68mg (39.96%), Vitamin C: 32.93mg (39.92%), Potassium: 1352.86mg (38.65%), Copper: 0.68mg (33.93%), Vitamin B3: 6.52mg (32.62%), Vitamin B6: 0.57mg (28.58%), Vitamin B5: 2.63mg (26.31%), Folate:

103.56µg (25.89%), Phosphorus: 215.34mg (21.53%), Magnesium: 73.04mg (18.26%), Vitamin K: 18.84µg (17.94%), Selenium: 12.41µg (17.73%), Vitamin B1: 0.25mg (16.85%), Iron: 2.18mg (12.09%), Zinc: 1.48mg (9.87%), Vitamin A: 474.02IU (9.48%), Vitamin E: 1.39mg (9.25%), Calcium: 61.45mg (6.14%), Vitamin D: 0.23µg (1.51%)