



Roasted Eggplant and Tomato Stacks

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 8 servings pepper black freshly ground
- 3 large globe eggplants
- 1.5 pounds mozzarella cheese fresh cut into 1/4-inch slices
- 1.5 teaspoons garlic minced
- 0.3 cup kosher salt plus more for seasoning
- 8 servings olive oil extra-virgin
- 16 slices tomatoes

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil
- colander

Directions

- In a large bowl toss the eggplant slices with 1/4 cup kosher salt. Using your fingertips, evenly distribute the salt on both sides of each slice.
- Place the eggplant in a colander set over a large bowl or sheet pan to catch juices. Set aside for 1 to 2 hours.
- Preheat oven to 450 degrees F. Line two 18 by 13-inch baking sheets with heavy-duty foil.
- Rinse the eggplant under cold water and dry thoroughly with paper towels.
- Arrange the eggplant slices in a single layer on one baking sheet.
- Brush olive oil on 1 side.
- Brush with balsamic vinegar and sprinkle with freshly ground pepper.
- Drizzle the other pan with 2 tablespoons olive oil. Arrange the tomato slices in a single layer, season with salt and pepper, then sprinkle with the minced garlic.
- Roast the tomatoe slices until they are very soft and just beginning to brown, 10 to 15 minutes, without turning.
- Bake the eggplant slices until they are tender and well browned, 20 to 30 minutes, without turning.
- Let the tomato and eggplant slices cool until you can handle them with your fingers.
- Make a short stack starting with eggplant on the bottom, 1 slice mozzarella, and then tomato. Top with another piece of eggplant. Warm stacks in the oven until mozzarella lightly melts.
- Drizzle with olive oil and serve.

Nutrition Facts

PROTEIN 18.94% FAT 67.59% CARBS 13.47%

Properties

Glycemic Index:25.88, Glycemic Load:2.94, Inflammation Score:-8, Nutrition Score:16.939130451368%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 436.17kcal (21.81%), Fat: 33.43g (51.43%), Saturated Fat: 13.19g (82.46%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 9.16g (3.33%), Sugar: 8.96g (9.96%), Cholesterol: 67.19mg (22.4%), Sodium: 4077.37mg (177.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Calcium: 455.22mg (45.52%), Phosphorus: 357.03mg (35.7%), Vitamin B12: 1.94µg (32.32%), Manganese: 0.52mg (26.1%), Fiber: 5.84g (23.35%), Selenium: 15.07µg (21.52%), Vitamin A: 1064.85IU (21.3%), Vitamin E: 2.99mg (19.91%), Vitamin K: 20.83µg (19.84%), Zinc: 2.87mg (19.13%), Vitamin B2: 0.32mg (18.55%), Potassium: 594.86mg (17%), Vitamin C: 11.35mg (13.76%), Folate: 51.87µg (12.97%), Magnesium: 47.88mg (11.97%), Vitamin B6: 0.23mg (11.31%), Copper: 0.19mg (9.36%), Vitamin B3: 1.53mg (7.64%), Vitamin B1: 0.11mg (7.58%), Vitamin B5: 0.66mg (6.55%), Iron: 1.07mg (5.95%), Vitamin D: 0.34µg (2.27%)