



Roasted Eggplants and Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs dried plain
- 14 ounce canned tomatoes diced drained canned
- 4 japanese eggplants halved lengthwise
- 4 teaspoons garlic minced
- 6 tablespoons olive oil
- 0.5 teaspoon oregano leaves dried
- 4 roma tomatoes halved lengthwise
- 8 servings salt and pepper black freshly ground

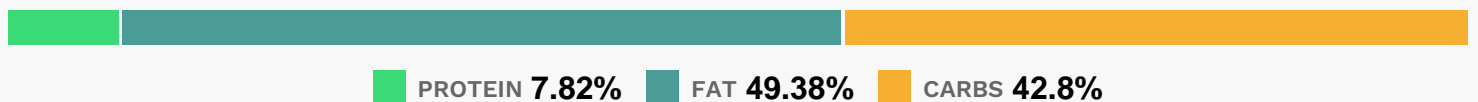
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Line a heavy large baking sheet with foil.
- Cut cross-hatch marks over the cut side of the eggplants. Arrange the eggplants and the Roma tomatoes cut side up on the prepared baking sheet.
- Brush with 2 tablespoons of oil.
- Sprinkle with salt and pepper.
- Whisk 2 tablespoons of oil, 2 teaspoons of garlic, and 1/4 teaspoon of oregano in a small bowl to blend. Stir in the diced tomatoes. Season with salt. Spoon the oil mixture over the eggplants.
- Sprinkle the eggplants with salt and pepper.
- Stir the bread crumbs, remaining 2 tablespoons of oil, 2 teaspoons of garlic, and 1/4 teaspoon of oregano in another small bowl to blend.
- Sprinkle the bread crumb mixture over the Roma tomatoes.
- Bake until the vegetables are tender and the bread crumb topping is brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:12.674347908601%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 192.12kcal (9.61%), Fat: 11.37g (17.49%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 13.68g (4.97%), Sugar: 11.38g (12.65%), Cholesterol: 0mg (0%), Sodium: 105.07mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Manganese: 0.74mg (37.14%), Fiber: 8.5g (33.99%), Potassium: 761.09mg (21.75%), Vitamin E: 3.02mg (20.1%), Vitamin K: 20.68µg (19.69%), Vitamin C: 14.32mg (17.36%), Folate: 66.65µg (16.66%), Vitamin B6: 0.32mg (15.86%), Copper: 0.31mg (15.63%), Vitamin B3: 2.59mg (12.96%), Vitamin B1: 0.18mg (12.32%), Magnesium: 48.21mg (12.05%), Iron: 1.61mg (8.96%), Phosphorus: 88.34mg (8.83%), Vitamin B5: 0.85mg (8.45%), Vitamin A: 420.37IU (8.41%), Vitamin B2: 0.14mg (8.06%), Calcium: 54.07mg (5.41%), Zinc: 0.64mg (4.27%), Selenium: 2.34µg (3.35%)