



Roasted Red Bell Peppers with Eggplant (Funghetto)

READY IN



50 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

Ingredients

- ☐ 20 medium olives black pitted chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons breadcrumbs plain
- ☐ 2 tablespoons capers rinsed drained
- ☐ 16 ounce japanese eggplants trimmed cut into 1/2-inch pieces
- ☐ 20 medium olives green pitted chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan grated
- ☐ 2 medium bell peppers red cored halved lengthwise seeded
- ☐ 26 ounce tomato-basil sauce such as giada de laurentiis for target tomato-basil sauce
- ☐ 0.3 cup vegetable oil

Equipment

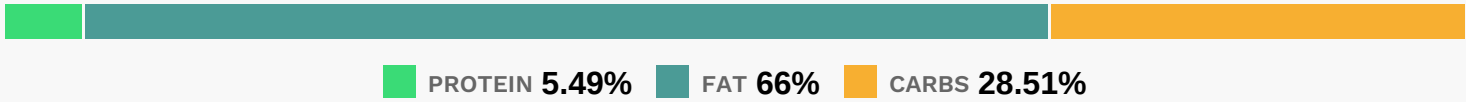
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 400 degrees F. Spray a small baking dish or baking sheet with vegetable oil cooking spray. Arrange the peppers, cut side-up, on the baking sheet and drizzle with the olive oil.
- ☐ Bake until the peppers are tender but still holding their shape, about 20 minutes.
- ☐ Heat the vegetable oil over medium-high heat in a 12-inch nonstick skillet.
- ☐ Add the eggplant in batches and cook, stirring frequently, until golden, 15 to 20 minutes.
- ☐ Drain on paper towels and season with salt.
- ☐ Combine the cooked eggplant, tomato-basil sauce, olives, capers, salt and pepper in a 12-inch nonstick skillet. Bring to a simmer and cook until slightly thickened, about 8 minutes.
- ☐ For the topping: In a small bowl, combine the breadcrumbs and Parmesan.
- ☐ Preheat the broiler.

- ☐
- Spoon the filling into the bell peppers and sprinkle the topping over the filling.
- ☐
- Drizzle with the olive oil and broil until a golden crust forms, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:19.831304410877%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 478.86kcal (23.94%), Fat: 36g (55.39%), Saturated Fat: 5.61g (35.03%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 22.71g (8.26%), Sugar: 20.33g (22.59%), Cholesterol: 1.7mg (0.57%), Sodium: 1945.21mg (84.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Vitamin C: 87.67mg (106.27%), Vitamin A: 3178.27IU (63.57%), Fiber: 12.28g (49.14%), Vitamin K: 40.59µg (38.65%), Vitamin E: 5.48mg (36.52%), Potassium: 1008.91mg (28.83%), Manganese: 0.41mg (20.62%), Folate: 60.01µg (15%), Vitamin B6: 0.29mg (14.54%), Calcium: 135.97mg (13.6%), Iron: 2.2mg (12.22%), Copper: 0.18mg (9.11%), Vitamin B1: 0.14mg (9%), Vitamin B3: 1.78mg (8.9%), Magnesium: 32.42mg (8.11%), Vitamin B2: 0.13mg (7.63%), Phosphorus: 70.68mg (7.07%), Vitamin B5: 0.56mg (5.6%), Selenium: 2.64µg (3.78%), Zinc: 0.5mg (3.36%)