

  
HEALTH SCORE 13%

## Russian Eggplant

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 1 large eggplant peeled sliced into 1/3 inch rounds
- 2 tablespoons flour all-purpose
- 1 clove garlic minced
- 1 tablespoon juice of lemon fresh
- 2 onion thinly sliced
- 4 servings paprika to taste
- 1.5 teaspoons salt

- 1.3 cups cream sour
- 3 large tomatoes thinly sliced
- 1 cup water

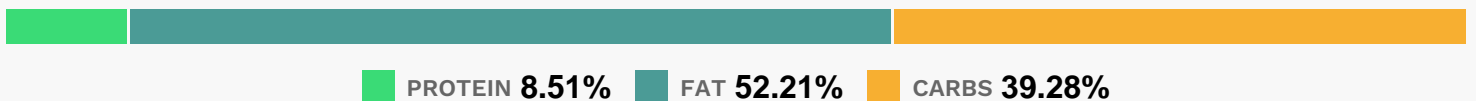
## Equipment

- bowl
- sauce pan
- oven
- casserole dish

## Directions

- In a medium bowl, combine the lemon juice and water.
- Place the eggplant slices into the lemon water to soak while you bring a saucepan of lightly salted water to a boil.
- Drain and rinse the eggplant slices, then place them into the boiling water. Cook for 8 minutes, or until barely tender.
- Drain.
- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
- Layer the eggplant slices, tomatoes and onion in the dish, sprinkling each layer with a little flour as you go. In a medium bowl, stir together the sour cream, garlic, salt and pepper.
- Spread this over the top of the casserole.
- Sprinkle generously with paprika.
- Bake for 45 minutes in the preheated oven, until the top is nicely browned and there is a bubbly sauce.

## Nutrition Facts



## Properties

Glycemic Index:61.75, Glycemic Load:5.73, Inflammation Score:-9, Nutrition Score:15.203913149626%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

## Nutrients (% of daily need)

Calories: 239.05kcal (11.95%), Fat: 14.79g (22.75%), Saturated Fat: 7.41g (46.33%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 18.17g (6.61%), Sugar: 12.73g (14.15%), Cholesterol: 42.41mg (14.14%), Sodium: 910.23mg (39.58%), Alcohol: 0g (100%), Protein: 5.43g (10.85%), Vitamin A: 2598.32IU (51.97%), Vitamin C: 27.64mg (33.5%), Manganese: 0.59mg (29.43%), Fiber: 6.87g (27.46%), Potassium: 814.18mg (23.26%), Vitamin B6: 0.36mg (17.84%), Folate: 69.06µg (17.27%), Vitamin K: 17.92µg (17.07%), Vitamin B2: 0.25mg (14.63%), Phosphorus: 142.79mg (14.28%), Vitamin E: 1.96mg (13.04%), Magnesium: 49.36mg (12.34%), Copper: 0.24mg (12.1%), Calcium: 118.79mg (11.88%), Vitamin B1: 0.17mg (11.56%), Vitamin B3: 2.12mg (10.59%), Vitamin B5: 0.83mg (8.3%), Iron: 1.43mg (7.94%), Selenium: 4.79µg (6.85%), Zinc: 0.88mg (5.86%), Vitamin B12: 0.15µg (2.52%)