



 **84%**
HEALTH SCORE

Skillet Eggplant and Lentils

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings almonds
- 0.3 teaspoon paprika smoked hot
- 15 ounce lentils rinsed cooked canned (or)
- 1 teaspoon basil dried
- 18 ounces eggplant sliced into 1/4-inch wedges cut into quarters lengthwise and
- 1 cup basil fresh minced
- 4 cloves garlic minced
- 4 servings pepper black to taste

- 1 large onion chopped
- 2 teaspoons oregano
- 0.5 teaspoon thyme leaves
- 1 cup canned tomatoes crushed
- 0.3 cup water
- 0.3 cup soy milk (mixed unsweetened with 1 tsp. lemon juice)

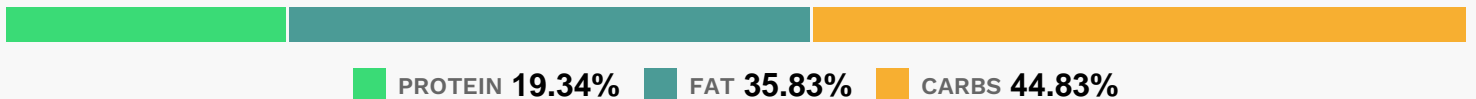
Equipment

- food processor
- blender

Directions

- Add a small pinch of baking soda to speed up browning.
- Add the garlic and cook for another minute.
- Add the eggplant, water, and herbs and stir well to coat the eggplant with the seasonings. Cover tightly and cook until the eggplant begins to soften, about 6 minutes, stirring frequently.
- Add all remaining ingredients EXCEPT the fresh basil and Almond Parmesan. Cover and cook for 10–15 minutes, until eggplant is tender and sauce has thickened. Season to taste with salt, add fresh basil, and serve over pasta or brown rice or other whole grain. Top with Almond Parmesan, if desired. To make Almond Parmesan, process 1/4 cup nutritional yeast and 1/3 cup whole raw almonds in a blender or food processor until crumbly. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:82.92, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:32.269565670387%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 109.32mg, Delphinidin: 109.32mg, Delphinidin: 109.32mg, Delphinidin: 109.32mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg,

Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 379.89kcal (18.99%), Fat: 16.27g (25.03%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 27.15g (9.87%), Sugar: 12.16g (13.52%), Cholesterol: 0mg (0%), Sodium: 95.89mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.51%), Manganese: 1.88mg (93.91%), Fiber: 18.65g (74.58%), Folate: 256.18µg (64.05%), Vitamin E: 9.24mg (61.6%), Copper: 0.87mg (43.54%), Vitamin K: 45.35µg (43.19%), Magnesium: 166.23mg (41.56%), Phosphorus: 413.92mg (41.39%), Iron: 6.82mg (37.88%), Potassium: 1215.25mg (34.72%), Vitamin B2: 0.57mg (33.49%), Vitamin B6: 0.55mg (27.36%), Vitamin B1: 0.4mg (26.36%), Calcium: 206.49mg (20.65%), Vitamin B3: 4.01mg (20.05%), Zinc: 2.86mg (19.05%), Vitamin C: 15.18mg (18.41%), Vitamin B5: 1.46mg (14.56%), Vitamin A: 620.52IU (12.41%), Selenium: 5.65µg (8.07%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.24µg (1.62%)