



HEALTH SCORE

93%

Spicy Eggplant and Cauliflower with Basil



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cucumber-apple slaw
- ☐ 1.5 pounds baby eggplants cut lengthwise into wedges
- ☐ 3 cups rice
- ☐ 2 cups bean sprouts
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 pound cauliflower
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 large garlic cloves minced

- ☐ 1 tablespoon ginger freshly grated
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons thai curry paste red (such as Thai Kitchen)

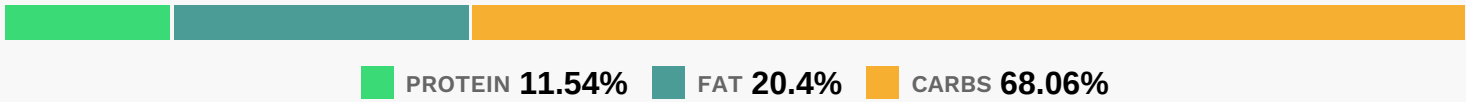
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Heat oven to 450 F. In a large saucepan, combine the rice, 1/2 teaspoon of salt, and 4 1/2 cups water and bring to a boil. Cover and simmer on low until the water is absorbed, about 15 minutes.
- ☐ Remove from heat and let sit 5 minutes. Fluff with a fork and set aside. Meanwhile, whisk together the garlic, ginger, oil, curry paste, the remaining salt, and 1/2 cup water. Toss with the eggplants and cauliflower, then transfer to a roasting pan, spreading into a single layer. Roast until tender, about 30 minutes, stirring occasionally.
- ☐ Add the chickpeas during the last 5 minutes of cooking.
- ☐ Remove from oven and toss with the bean sprouts and basil.
- ☐ Place 1 cup of rice on each of 4 plates and top with some of the vegetables. Reserve half for Coconut Rice with Winter Squash and freeze the other half for use in either Red Bean and Spinach Burritos, Lentils and Rice, or Stuffed Peppers.

Nutrition Facts



Properties

Glycemic Index:81.21, Glycemic Load:80.79, Inflammation Score:-10, Nutrition Score:43.609564905581%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 980.54kcal (49.03%), Fat: 22.41g (34.48%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 168.23g (56.08%), Net Carbohydrates: 147.14g (53.5%), Sugar: 20.86g (23.17%), Cholesterol: 0mg (0%), Sodium: 1221.81mg (53.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.04%), Manganese: 3.44mg (171.89%), Vitamin C: 133.85mg (162.24%), Vitamin K: 101.75µg (96.9%), Fiber: 21.09g (84.35%), Vitamin B6: 1.32mg (66.2%), Folate: 248.75µg (62.19%), Phosphorus: 517.74mg (51.77%), Copper: 0.93mg (46.72%), Vitamin B1: 0.7mg (46.6%), Selenium: 27.37µg (39.1%), Magnesium: 153.65mg (38.41%), Vitamin A: 1913.99IU (38.28%), Potassium: 1233.59mg (35.25%), Vitamin B3: 6.99mg (34.93%), Iron: 6.25mg (34.7%), Zinc: 4.95mg (33%), Vitamin B5: 2.91mg (29.13%), Vitamin B2: 0.46mg (27.16%), Vitamin E: 3.25mg (21.67%), Calcium: 166.57mg (16.66%)