



Stuffed Baby Eggplants



Vegetarian



Gluten Free

READY IN



600 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 12 baby eggplants
- ☐ 1 bay leaf
- ☐ 2 cups beef stock
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 ounces mozzarella cheese fresh grated sliced
- ☐ 6 garlic cloves sliced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano leaves fresh

- ☐ 2 pounds beef sage sausage
- ☐ 2 tablespoons salt
- ☐ 12 servings salt
- ☐ 2 cups tomato sauce
- ☐ 4 cups san marzano tomatoes with juice canned chopped
- ☐ 2 cups onion white finely chopped
- ☐ 1 cup white wine

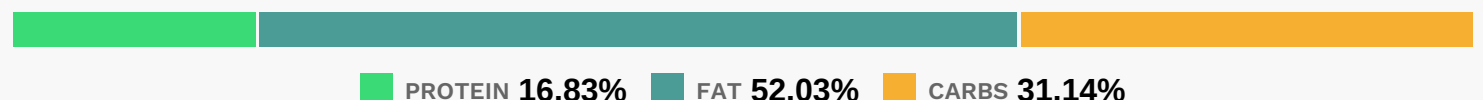
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a 4-quart saucepan over medium heat, add oil.
- ☐ Add the onions, garlic, and salt. Sweat for 3 minutes or until vegetables are translucent and aromatic.
- ☐ Add the remaining ingredients and bring to a simmer. Simmer for 8 hours over low heat, stirring occasionally. Check seasoning.
- ☐ Cut eggplants in half, scoop out seeds, and sprinkle with salt, cut side up.
- ☐ Place the eggplant halves on a baking sheet and let sit for 1 hour.
- ☐ Place 1 1/2 ounces of sausage in each eggplant half.
- ☐ Place in the oven and bake for 15 minutes. Top each eggplant with some tomato sauce and fresh mozzarella.
- ☐ Place back into oven for 10 minutes or until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:19.16913050154%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 196.68kcal (9.83%), Fat: 10.59g (16.3%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 10.09g (3.67%), Sugar: 4.58g (5.09%), Cholesterol: 14.93mg (4.98%), Sodium: 1754.38mg (76.28%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 7.71g (15.42%), Copper: 93.11mg (4655.41%), Manganese: 3.29mg (164.59%), Calcium: 329.66mg (32.97%), Iron: 4.51mg (25.05%), Magnesium: 77.16mg (19.29%), Fiber: 4.17g (16.69%), Vitamin C: 12.52mg (15.17%), Potassium: 527.56mg (15.07%), Vitamin A: 735.13IU (14.7%), Phosphorus: 129.19mg (12.92%), Vitamin K: 11.57µg (11.02%), Vitamin E: 1.63mg (10.87%), Vitamin B2: 0.18mg (10.55%), Vitamin B1: 0.16mg (10.51%), Zinc: 1.48mg (9.9%), Vitamin B6: 0.18mg (8.8%), Vitamin B12: 0.43µg (7.18%), Selenium: 4.35µg (6.22%), Vitamin B3: 1.17mg (5.87%), Folate: 20.24µg (5.06%), Vitamin B5: 0.25mg (2.55%)