

Stuffed Eggplant

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups breadcrumbs fresh
- ☐ 0.3 teaspoon basil dried
- ☐ 1 pound eggplant
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper

- ☐ 2 ounces romano cheese fresh divided finely grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 cup no-salt-added tomato sauce

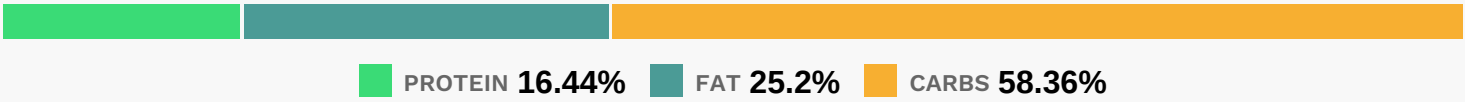
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut eggplant lengthwise into quarters, and cut each quarter crosswise into 4 pieces.
- ☐ Combine the eggplant and 1/4 teaspoon salt in a large saucepan; add water to cover, and bring to a boil. Cover, reduce heat, and simmer 8 minutes or just until pulp can be removed from peel. Carefully remove pulp, reserving peels. Mash pulp; set aside.
- ☐ Heat 2 teaspoons oil in a nonstick skillet over medium heat.
- ☐ Add eggplant pulp and onion; saut for 7 minutes or until tender.
- ☐ Remove from heat; stir in breadcrumbs, 1/4 cup plus 2 tablespoons Romano cheese, parsley, 1/4 teaspoon pepper, and 1 minced garlic clove.
- ☐ Arrange reserved eggplant peels in a single layer in an 11 x 7-inch baking dish coated with cooking spray. Spoon about 2 tablespoons eggplant mixture onto each peel.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.
- ☐ Place a saucepan coated with cooking spray over medium heat.
- ☐ Add 1 minced garlic clove; saut 30 seconds.
- ☐ Add tomato sauce, basil, 1/8 teaspoon salt, and 1/8 teaspoon pepper, and cook 3 minutes or until heated. Spoon sauce over eggplant; sprinkle with remaining cheese, and garnish with parsley, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:9.3130435211503%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 147.19kcal (7.36%), Fat: 4.21g (6.48%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 18.45g (6.71%), Sugar: 5.26g (5.85%), Cholesterol: 7.37mg (2.46%), Sodium: 490.35mg (21.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Vitamin K: 30.31µg (28.87%), Manganese: 0.4mg (20.08%), Vitamin B1: 0.24mg (15.95%), Fiber: 3.5g (14.02%), Calcium: 130.4mg (13.04%), Phosphorus: 116.63mg (11.66%), Folate: 43.6µg (10.9%), Vitamin B3: 2.07mg (10.34%), Selenium: 6.65µg (9.49%), Vitamin B2: 0.16mg (9.21%), Iron: 1.64mg (9.12%), Potassium: 307.7mg (8.79%), Vitamin C: 6.98mg (8.46%), Copper: 0.15mg (7.4%), Vitamin B6: 0.14mg (6.94%), Magnesium: 27.37mg (6.84%), Vitamin A: 302.6IU (6.05%), Vitamin E: 0.81mg (5.38%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.15µg (2.5%)