



Stuffed Guinea Squash (Eggplant)

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



545 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 large eggplant
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 0.5 cup onion minced
- ☐ 1 cup seasoned bread crumbs
- ☐ 2 cups cheddar cheese shredded divided

Equipment

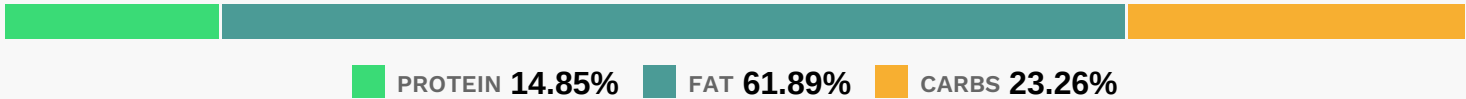
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cut eggplant in half lengthwise. Carefully scoop out and chop flesh, leaving skin intact.
- ☐ Place in a shallow baking dish, and set aside.
- ☐ Heat butter in a large skillet over medium high heat. Cook and stir eggplant, mushrooms, and onion until tender, 7 to 10 minutes. Stir in bread crumbs and 1 cup of Cheddar cheese. Fill eggplant shells with stuffing, and sprinkle with remaining cup of Cheddar cheese.
- ☐ Bake in the preheated oven for 15 to 20 minutes, or until warmed throughout and melted on top.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:20.883478123209%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 545.09kcal (27.25%), Fat: 38.3g (58.93%), Saturated Fat: 22.14g (138.34%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 26.58g (9.66%), Sugar: 7.93g (8.82%), Cholesterol: 101.95mg (33.98%), Sodium: 911.27mg (39.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.35%), Calcium: 475.7mg (47.57%), Selenium: 29.33µg (41.89%), Phosphorus: 398.95mg (39.9%), Vitamin B2: 0.66mg (38.62%), Manganese: 0.62mg (30.95%), Vitamin B1: 0.41mg (27.03%), Vitamin A: 1175.56IU (23.51%), Vitamin B3: 4.7mg (23.5%), Fiber: 5.81g (23.25%), Folate: 86.82µg (21.71%), Zinc: 3.03mg (20.22%), Vitamin K: 20.71µg (19.73%), Copper: 0.37mg (18.63%), Potassium: 589.55mg (16.84%), Vitamin B5: 1.64mg (16.38%), Vitamin B6: 0.27mg (13.5%), Magnesium: 52.61mg (13.15%), Vitamin B12: 0.76µg (12.7%), Iron: 2.16mg (12%), Vitamin E: 1.34mg (8.95%), Vitamin C: 6mg (7.27%), Vitamin D: 0.45µg (3.02%)