



Stuffed Roasted Eggplant Rolls (Greece)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

Ingredients

- 1 cup bread crumbs plain
- 1 eggplant cut into 1/ rounds
- 0.8 cup feta cheese crumbled
- 1 clove garlic smashed
- 0.5 cup greek yogurt
- 4 servings kosher salt
- 1 lemon zest
- 2 tablespoons chiffonade mint leaves fresh
- 4 servings olive oil extra-virgin

- 2 tablespoons freshly oregano leaves chopped
- 1 large onion red cut into 1/2-inch dice
- 1 pinch pepper flakes red crushed
- 0.5 cup kasseri grated
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Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees F.
- Arrange the eggplant slices in 1 layer onto a baking sheet.
- Drizzle with olive oil and roast until they are soft and pliable, about 15 to 20 minutes, turning them half way through the cooking time. Reserve the 4 largest rounds and finely chop the remaining eggplant.
- Heat a large skillet over medium-high heat. When hot, add the onions and season with salt. Cook until soft, about 5 minutes.
- Put the cooked onion and chopped eggplant in a large bowl.
- Add the feta, bread crumbs, kasseri, lemon zest, oregano, crushed red pepper, and garlic.
- Add 2 to 3 tablespoons olive oil and combine well. Taste and adjust the seasoning, if needed.
- Divide the filling among the 4 reserved eggplant rounds.
- Roll the eggplant around the filling and arrange on a serving platter with the seam side down.
- Combine the yogurt and mint together in a small bowl.
- Garnish each eggplant roll with a dollop of yogurt and serve at room temperature. OPAH!!!

Nutrition Facts



■ PROTEIN 12.66% ■ FAT 52.14% ■ CARBS 35.2%

Properties

Glycemic Index:29.75, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:16.860434635826%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 370.08kcal (18.5%), Fat: 21.95g (33.76%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 26.77g (9.73%), Sugar: 7.87g (8.75%), Cholesterol: 26.28mg (8.76%), Sodium: 726.75mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Manganese: 0.73mg (36.35%), Vitamin K: 30.42µg (28.97%), Vitamin B2: 0.49mg (28.73%), Calcium: 282.16mg (28.22%), Fiber: 6.56g (26.25%), Vitamin B1: 0.38mg (25.08%), Phosphorus: 215.71mg (21.57%), Selenium: 14.21µg (20.31%), Folate: 79.05µg (19.76%), Vitamin E: 2.91mg (19.4%), Vitamin B6: 0.34mg (16.94%), Iron: 2.98mg (16.56%), Vitamin B3: 3.07mg (15.35%), Potassium: 459.76mg (13.14%), Vitamin B12: 0.74µg (12.41%), Magnesium: 47.69mg (11.92%), Zinc: 1.67mg (11.15%), Copper: 0.21mg (10.68%), Vitamin C: 7.58mg (9.18%), Vitamin B5: 0.9mg (9%), Vitamin A: 303.53IU (6.07%)