



Summer Nights Eggplants

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups bread crumbs dry
- 2 large eggplants
- 1 cup feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 1 bell pepper green seeded chopped
- 0.5 cup olive oil for frying
- 2 medium onions chopped

- 4 servings salt and pepper to taste
- 2 small tomatoes chopped

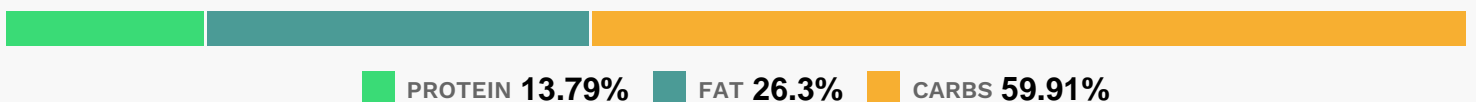
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Remove the leaves from the eggplants, and slice in half lengthwise. Carefully scoop out the centers of the eggplants, leaving a half-inch shell so they resemble 'canoes'.
- Cut the center portion into small pieces, and set aside.
- Preheat the oven to 350 degrees F (175 degrees C).
- Heat the oil in a large skillet over medium heat.
- Add the onions and garlic, and saute for a few minutes, until tender.
- Add the eggplant pieces, and cook until soft, about 5 minutes. Then, stir in the tomato, green pepper, and parsley. Simmer for about 10 minutes.
- Remove from the heat, and transfer to a large bowl. Stir in the bread crumbs until evenly blended. Divide the mixture evenly between the four eggplant shells.
- Sprinkle feta cheese over the top.
- Place the eggplant halves on a baking sheet.
- Bake for 15 to 20 minutes in the preheated oven, until the tops are browned and the cheese is melted.
- Serve hot or cold. I prefer them chilled.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:4.21, Inflammation Score:-9, Nutrition Score:36.103912934013%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 669.7kcal (33.48%), Fat: 19.81g (30.48%), Saturated Fat: 7.17g (44.78%), Carbohydrates: 101.51g (33.84%), Net Carbohydrates: 87.72g (31.9%), Sugar: 19.05g (21.16%), Cholesterol: 33.38mg (11.13%), Sodium: 1422.72mg (61.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.75%), Manganese: 1.72mg (86.03%), Vitamin B1: 1.25mg (83.62%), Fiber: 13.78g (55.13%), Vitamin B2: 0.87mg (51.23%), Folate: 199.76µg (49.94%), Vitamin C: 41.06mg (49.77%), Selenium: 34.02µg (48.6%), Vitamin B3: 9.52mg (47.62%), Calcium: 427.57mg (42.76%), Vitamin K: 41.51µg (39.53%), Phosphorus: 395.23mg (39.52%), Iron: 6.45mg (35.81%), Vitamin B6: 0.67mg (33.53%), Potassium: 1011.19mg (28.89%), Copper: 0.55mg (27.35%), Magnesium: 99.99mg (25%), Zinc: 3.25mg (21.67%), Vitamin B5: 1.75mg (17.53%), Vitamin B12: 1.01µg (16.86%), Vitamin A: 785.48IU (15.71%), Vitamin E: 1.99mg (13.29%)