



Tasty Fried Eggplant Balls

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups bread crumbs
- ☐ 1 large eggplant cubed peeled
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon paprika

- ☐ 1.8 teaspoons salt
- ☐ 0.5 ounce cheddar cheese shredded
- ☐ 1 quart vegetable oil for frying

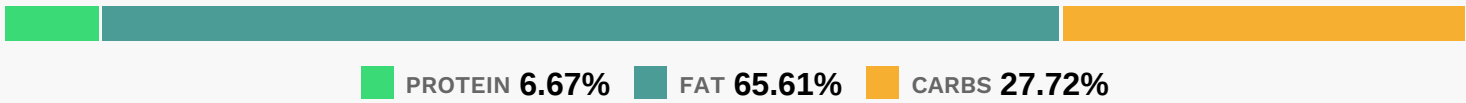
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium-size pot, place one inch of water, 1/2 teaspoon salt, and eggplant. Cover pot and cook 15 minutes, or until eggplant is tender.
- ☐ Drain well.
- ☐ Chop the cooked eggplant. In a large bowl, combine eggplant, onion, green pepper, 3/4 cup bread crumbs, 1 egg, cheese, paprika, pepper and remaining salt. Cool and chill 2 to 3 hours or overnight.
- ☐ Place flour in a bowl. Beat the remaining egg in a separate small bowl. Drop mixture by heaping teaspoonfuls into the flour and coat completely. Then dip the eggplant balls into the beaten egg; finally, coat the balls with the remaining bread crumbs.
- ☐ In a large skillet, heat vegetable oil and fry eggplant balls until they are heated through.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:6.64, Inflammation Score:-7, Nutrition Score:14.883478320163%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 480.66kcal (24.03%), Fat: 35.5g (54.61%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 29.4g (10.69%), Sugar: 5.22g (5.8%), Cholesterol: 56.92mg (18.97%), Sodium: 914.99mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.23%), Vitamin K: 64.41µg (61.34%), Manganese: 0.55mg (27.48%), Vitamin B1: 0.39mg (26.27%), Selenium: 15.8µg (22.57%), Vitamin E: 3.18mg (21.18%), Vitamin C: 17.15mg (20.79%), Folate: 75.44µg (18.86%), Fiber: 4.35g (17.41%), Vitamin B2: 0.28mg (16.31%), Vitamin B3: 3.05mg (15.23%), Iron: 2.39mg (13.29%), Phosphorus: 120.82mg (12.08%), Vitamin B6: 0.19mg (9.25%), Potassium: 312.1mg (8.92%), Copper: 0.18mg (8.8%), Calcium: 87.71mg (8.77%), Magnesium: 30.27mg (7.57%), Vitamin A: 354.11IU (7.08%), Vitamin B5: 0.68mg (6.8%), Zinc: 0.92mg (6.1%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.31µg (2.05%)