



WHATSHEATE



HEALTH SCORE

76%

Tomato & chickpea bake



Vegetarian



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 eggplant cut into cubes



1 onion chopped



2 tbsp olive oil for brushing plus a little extra



1 garlic clove finely chopped



400 g canned tomatoes chopped canned



2 tsp oregano dried



200 g cherry tomatoes halved



400 g chickpeas rinsed drained canned

- ☐ 4 slices crusty baguette white
- ☐ 3 tbsp pecorino cheese parmesan style grated
- ☐ 1 handful basil

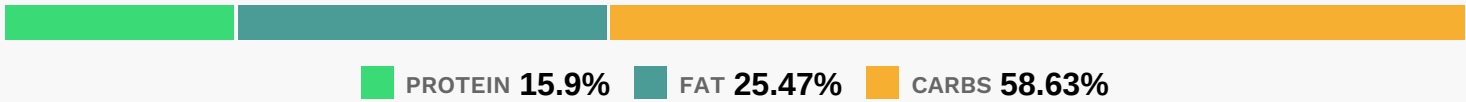
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Fry the aubergine and onion in the oil in a large pan for about 5 mins until softened and lightly coloured.
- ☐ Add the garlic, canned tomatoes, can of water, 1 tsp oregano and a little pepper. Bring to the boil, then simmer for 10 mins. Stir in the cherry tomatoes and chickpeas for the final 2 mins cooking.
- ☐ Spoon into a baking dish.
- ☐ Brush the bread with a little oil.
- ☐ Mix remaining oregano and Parmesan, then sprinkle over the bread. Sit the bread on top of the chickpea mix, then bake for 15–20 mins until crisp and golden. Scatter the basil over the top and serve with green veg or a salad on the side.

Nutrition Facts



Properties

Glycemic Index:81.13, Glycemic Load:19.39, Inflammation Score:-9, Nutrition Score:27.227826030358%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol:

0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 407.7kcal (20.39%), Fat: 12.05g (18.53%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 62.41g (20.8%), Net Carbohydrates: 47.58g (17.3%), Sugar: 17.23g (19.14%), Cholesterol: 2.55mg (0.85%), Sodium: 406.24mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.84%), Manganese: 1.78mg (88.95%), Folate: 258.91µg (64.73%), Fiber: 14.83g (59.32%), Copper: 0.73mg (36.29%), Iron: 6.38mg (35.47%), Vitamin C: 26.8mg (32.48%), Phosphorus: 308.64mg (30.86%), Vitamin B1: 0.46mg (30.48%), Potassium: 1054.38mg (30.13%), Vitamin K: 27.74µg (26.42%), Magnesium: 104.19mg (26.05%), Vitamin B6: 0.51mg (25.69%), Vitamin E: 3.51mg (23.38%), Vitamin B3: 4.3mg (21.52%), Calcium: 199.82mg (19.98%), Vitamin B2: 0.3mg (17.47%), Zinc: 2.49mg (16.62%), Selenium: 11.53µg (16.47%), Vitamin A: 584.42IU (11.69%), Vitamin B5: 1.14mg (11.36%)