



Tomato-Eggplant Tortino



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 0.8 pound chèvre cheese fresh (goat) ()
- ☐ 1 pound eggplant ()
- ☐ 1 tablespoon basil leaves fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 12 servings parsley sprigs
- ☐ 1 tablespoon parsley minced

- ☐ 12 servings salt and pepper
- ☐ 0.8 pound firm-ripe tomatoes red ()
- ☐ 1.5 pounds firm-ripe tomatoes yellow ()

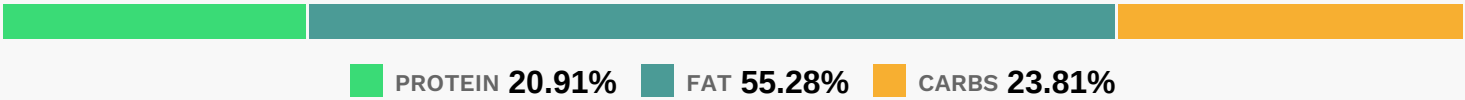
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine oil and minced thyme, basil, and parsley.
- ☐ Trim eggplant ends and discard. Rinse eggplant, cut into 24 equal rounds, and brush lightly with some of the herb oil.
- ☐ Rinse and core tomatoes, then trim thin slices off tops and bottoms.
- ☐ Cut yellow tomatoes into 24 equal rounds; cut red tomatoes into 12 equal rounds.
- ☐ Cut cheese into 12 equal rounds.
- ☐ Lay tomato slices in a 10- by 15-inch pan.
- ☐ Drizzle with herb oil and sprinkle with salt and pepper.
- ☐ Lightly oil a barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds).
- ☐ Lay eggplant on grill; close lid on gas barbecue. Cook eggplant, turning once, until soft when pressed, 5 to 7 minutes total.
- ☐ Let cool.
- ☐ For each tortino, stack 1 slice each yellow tomato, eggplant, mozzarella, and red tomato, then top with 1 more slice each eggplant and yellow tomato. Set stacks on a platter. Reserve 2 teaspoons of pan juices from tomatoes; use remainder in other salads.
- ☐ In a 2- to 3-quart pan over high heat, boil vinegar until reduced to 2 tablespoons, 5 to 7 minutes, stirring as it nears the end of cooking.
- ☐ Mix the reserved tomato juices with vinegar and drizzle over tortinos.
- ☐ Garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:11.1956523916%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 9.36mg, Apigenin: 9.36mg, Apigenin: 9.36mg, Apigenin: 9.36mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 145.53kcal (7.28%), Fat: 9.05g (13.93%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 6.67g (2.43%), Sugar: 4.79g (5.32%), Cholesterol: 22.4mg (7.47%), Sodium: 392.96mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 77.42µg (73.73%), Vitamin C: 16.55mg (20.06%), Calcium: 168.72mg (16.87%), Vitamin A: 838.03IU (16.76%), Phosphorus: 142.9mg (14.29%), Manganese: 0.24mg (11.84%), Vitamin B12: 0.65µg (10.77%), Potassium: 367.54mg (10.5%), Folate: 38.53µg (9.63%), Fiber: 2.1g (8.39%), Vitamin B2: 0.13mg (7.85%), Zinc: 1.17mg (7.78%), Selenium: 5.16µg (7.38%), Magnesium: 26.01mg (6.5%), Copper: 0.12mg (6.12%), Iron: 1.07mg (5.95%), Vitamin B3: 1.18mg (5.9%), Vitamin B6: 0.1mg (5.14%), Vitamin E: 0.7mg (4.67%), Vitamin B1: 0.06mg (4.07%), Vitamin B5: 0.25mg (2.54%)