



 **81%**
HEALTH SCORE

Unstuffed Baby Eggplants

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon allspice
- 6 peas sliced into quarters lengthwise (1/)
- 0.5 teaspoon pepper black freshly ground
- 1 cup brown lentils picked over rinsed
- 6 servings ground pepper to taste
- 0.3 teaspoon cumin
- 0.3 cup mint leaves fresh chopped
- 2 tablespoons parsley fresh chopped

- 4 cloves garlic minced
- 0.5 cup bread crumbs gluten-free (may use or omit)
- 1 tablespoon ground flaxseed
- 1 tablespoon juice of lemon
- 1 medium onion chopped
- 1 teaspoon paprika smoked spanish
- 6 servings salt to taste
- 3 medium tomatoes ripe chopped

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil
- steamer basket

Directions

- Place the slices in a steamer basket, and steam them for 10 minutes, or until slices are softened but still firm enough to handle. Do not over-cook. Set aside to cool. While the eggplant is steaming, put the lentils in a saucepan with 3 cups of water. Bring to a boil and then reduce heat and simmer until they are tender yet still hold their shape, about 20-30 minutes. When they're done, remove from heat, add the one teaspoon of salt, if you like, and allow them to sit in their cooking water until needed. In a large, non-stick skillet, sauté the onion until it is translucent, about 5 minutes.
- Add the garlic and cook for another minute.
- Add the tomatoes, paprika, allspice, cumin, and black pepper.
- Drain the liquid from the lentils and add them to the skillet.
- Add cayenne pepper to taste (I used about 1/8 teaspoon for my mild version). Cook over medium heat for 10 minutes.

- Add the parsley, mint, lemon juice, and salt to taste. Preheat oven to 35
- Lightly spray an 8-inch square baking dish with olive oil. Line the bottom of the dish with half of the eggplant slices. Spoon half of the lentil mixture over the eggplant slices. Repeat with remaining eggplant and lentils. Cover the dish with aluminum foil and bake covered for 25 minutes.
- Remove the aluminum foil and bake uncovered for 20 minutes.
- Combine the bread crumbs with the parsley and the optional flax seed, and sprinkle it evenly over the top the the casserole. Spray lightly with olive oil and return to the oven. Cook until the top is medium-brown, about 5 to 10 minutes.
- Cut into about 6 squares and serve.

Nutrition Facts

PROTEIN 22.71% **FAT 8.16%** **CARBS 69.13%**

Properties

Glycemic Index:54.49, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:16.774782699087%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 179.43kcal (8.97%), Fat: 1.69g (2.6%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 19.82g (7.21%), Sugar: 3.53g (3.93%), Cholesterol: 0mg (0%), Sodium: 202.68mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Fiber: 12.41g (49.63%), Folate: 174.73µg (43.68%), Vitamin A: 1723.89IU (34.48%), Manganese: 0.68mg (34.13%), Vitamin K: 30.88µg (29.41%), Vitamin B1: 0.35mg (23.2%), Vitamin C: 17.13mg (20.76%), Phosphorus: 186.05mg (18.6%), Iron: 3.22mg (17.88%), Vitamin B6: 0.34mg (16.9%), Potassium: 571.19mg (16.32%), Magnesium: 59.7mg (14.92%), Copper: 0.25mg (12.67%), Zinc: 1.86mg (12.39%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.21mg (8.07%), Vitamin B3: 1.56mg (7.79%), Vitamin B2: 0.12mg (7.02%), Selenium: 3.56µg (5.09%), Calcium: 47.59mg (4.76%)