



Vegetable Gratin

 Vegetarian  Gluten Free

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

208 kcal

SIDE DISH

Ingredients

- ☐ 3 slices japanese eggplants peeled sliced
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup mozzarella cheese grated
- ☐ 8 servings olive oil
- ☐ 1 large onion diced
- ☐ 0.3 cup parmesan grated
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 teaspoons sugar

- ☐ 1 tablespoon thyme leaves minced
- ☐ 1.5 cups tomatoes peeled seeded chopped
- ☐ 3 small zucchini ends trimmed sliced into 1/ rounds

Equipment

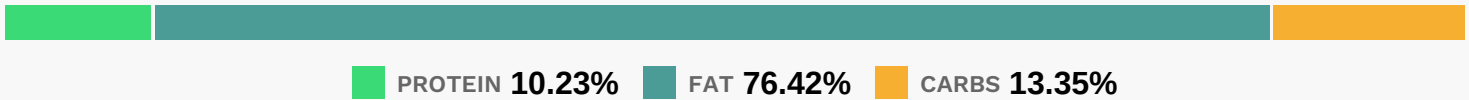
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ In a large saute pan set over medium heat, add enough olive oil to lightly coat the bottom of the pan. When the oil is hot, add the onions and saute until translucent, but not browned, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute, stirring.
- ☐ Add the tomatoes and cook until they start to give off their liquid, about 5 minutes.
- ☐ Add the thyme and season with salt and pepper.
- ☐ Add the sugar and cook until there is almost no liquid left, about 10 to 15 minutes, stirring frequently.
- ☐ Remove from the heat.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Lay the eggplant and zucchini out on a flat surface and season with salt and pepper.
- ☐ Drizzle with olive oil.
- ☐ In another large saute pan set over medium high heat, add enough olive oil to coat the bottom of the pan. When the oil just starts to smoke, add the eggplant in 1 layer and cook just until golden brown on both sides, about 2 to 3 minutes per side. You might need to do this in batches.
- ☐ Remove to a paper towel lined plate. Blot the top with additional paper towels.

- ☐ In the same pan, add more olive oil to coat the bottom of the pan. When the oil just starts to smoke, add the zucchini in 1 layer and saute until just browned on each side, about 1 minute per side.
- ☐ Remove to a paper towel lined plate.
- ☐ In a shallow roasting pan or baking dish, spread half of the tomato sauce evenly over the bottom. Begin layering the eggplant and zucchini along the outside of the baking dish so they are overlapping slightly. Continue until the pan is full and the eggplant and zucchini is used. Cover the top with the remaining tomato sauce, spreading evenly.
- ☐ Sprinkle the mozzarella and Parmesan evenly over the top, covering completely.
- ☐ Place the baking dish inside a large baking dish.
- ☐ Pour hot water into the larger baking dish about half way up the sides to make a water bath.
- ☐ Bake for 25 minutes, or until the cheese is golden brown and bubbly.
- ☐ Remove from the oven and let sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.64, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:7.1139130061087%

Flavonoids

Delphinidin: 13.5mg, Delphinidin: 13.5mg, Delphinidin: 13.5mg, Delphinidin: 13.5mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 208.47kcal (10.42%), Fat: 18.21g (28.01%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 5.41g (1.97%), Sugar: 4.37g (4.86%), Cholesterol: 13.19mg (4.39%), Sodium: 144.4mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin C: 15.2mg (18.42%), Vitamin E: 2.31mg (15.38%), Vitamin K: 13.72µg (13.07%), Calcium: 129.25mg (12.93%), Manganese: 0.22mg (11.01%), Phosphorus: 106.6mg (10.66%), Vitamin A: 486.47IU (9.73%), Potassium: 269.49mg (7.7%), Vitamin B6: 0.15mg (7.7%), Fiber: 1.74g (6.95%), Vitamin B2: 0.11mg (6.67%), Vitamin B12: 0.36µg (5.95%), Folate: 23.48µg (5.87%), Magnesium: 21.11mg (5.28%), Zinc: 0.77mg (5.13%), Selenium: 3.47µg (4.95%), Iron: 0.66mg (3.67%), Copper: 0.07mg (3.59%),

Vitamin B1: 0.05mg (3.53%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.23mg (2.27%)