

Eggplant Casserole II

Sue Wade

Gourmet Eating in South Carolina - (1985)

*1 medium eggplant
3 slices toasted bread
small amount milk
2 eggs, slightly beaten
3 tablespoons cream
1 onion, finely chopped
3 tablespoons butter, melted
1 teaspoon salt
pepper (to taste)*

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Preheat the oven to 350 degrees.

Peel the eggplant. Boil in a pot in salted water.
Drain and mash.

In a bowl, soak the bread in a small amount of
milk until soft. Mix with the mashed eggplant.

Add the eggs, onion, salt and pepper. Blend
well. Place the mixture in a casserole dish.

In a bowl, milk the melted butter and cream.
Pour over the mixture in the casserole.

Bake for 25 minutes or until golden brown.

Per Serving (excluding unknown
items): 723 Calories; 57g Fat
(68.1% calories from fat); 20g
Protein; 40g Carbohydrate; 13g
Dietary Fiber; 556mg Cholesterol;
2657mg Sodium. Exchanges: 1 1/2
Lean Meat; 7 Vegetable; 10 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	723
% Calories from Fat:	68.1%
% Calories from Carbohydrates:	21.2%
% Calories from Protein:	10.7%
Total Fat (g):	57g
Saturated Fat (g):	32g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	556mg

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	158mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	40g
Dietary Fiber (g):	13g
Protein (g):	20g
Sodium (mg):	2657mg
Potassium (mg):	1363mg
Calcium (mg):	171mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	2595IU
Vitamin A (r.e.):	602 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	7
Fruit:	0
Non-Fat Milk:	0
Fat:	10
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	723	Calories from Fat: 492
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% Daily Values*

Total Fat	57g	87%
Saturated Fat	32g	159%
Cholesterol	556mg	185%
Sodium	2657mg	111%
Total Carbohydrates	40g	13%
Dietary Fiber	13g	54%
Protein	20g	
Vitamin A		52%
Vitamin C		25%
Calcium		17%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.