

Eggplant Paysanne

Mrs. Charles F. Duchein Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

1 large eggplant, diced
2 large onions, diced
1 cup green beans
4 cups peeled tomatoes
1/2 Cup olive oil
2 cups cheese, grated
salt (to taste)
pepper (to taste)
pinch thyme (to taste)

Preheat the oven to 325 degrees.

Layer a greased 2-1/2 quart casserole with the eggplant, onions, green beans and tomatoes.

Top with the salt, pepper and thyme.

Pour olive oil over all.

Bake for two hours.

Top with the grated cheese after the casserole has been cooked.

Replace in oven long enough to brown the cheese. Serve.

Per Serving (excluding unknown items): 199 Calories; 18g Fat (79.4% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 1/2 Vegetable; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	199	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	17.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	18g	Folacin (mcg):	28mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	4mg
Potassium (mg):	262mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	187IU
Vitamin A (r.e.):	18 1/2RE

% Daily Values* 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 199 **Calories from Fat:** 158

% Daily Values*

Total Fat 18g	28%
Saturated Fat 2g	12%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrates 9g	3%
Dietary Fiber 3g	13%
Protein 2g	
Vitamin A	4%
Vitamin C	11%
Calcium	2%
Iron	3%

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