

# Grilled Eggplant Napoleon

*www.BellaHousewares.com*

## Servings: 2

*4 skices eggplant (3/4-inch thick)  
extra-virgin olive oil  
1 small red onion  
1 zucchini, thinly sliced  
2 ounces roasted red pepper  
2 tablespoons ricotta cheese  
2 tablespoons fresh basil leaves*

## Cook Time: 20 minutes

Drizzle the eggplant with olive oil.

On the preheated grill, cook the eggplant, onion and zucchini in batches.

Arrange the red pepper over two of the eggplant slices.

Top with the onion, zucchini and ricotta cheese.

Place the remaining eggplant on top.

Place on the preheated grill. Close the lid.  
Toast for 2 to 3 minutes just until heated through.

Per Serving (excluding unknown items): 79 Calories; 2g Fat (24.3% calories from fat); 4g Protein; 12g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 19mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 0 Fat.

Vegetarian

## Per Serving Nutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	.2mg
% Calories from Fat:	24.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	56.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	46mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	0.0%

Carbohydrate (g):	12g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	19mg
Potassium (mg):	440mg
Calcium (mg):	67mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	68mg
Vitamin A (i.u.):	2066IU
Vitamin A (r.e.):	221 1/2RE

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

<b>Calories</b>	79	Calories from Fat: 19
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### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	1g	7%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	19mg	1%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	3g	13%
<b>Protein</b>	4g	

<b>Vitamin A</b>	41%
<b>Vitamin C</b>	113%
<b>Calcium</b>	7%
<b>Iron</b>	4%

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