

# Simple Eggplant Casserole

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

1 large eggplant, cut into cubes  
1 cup breadcrumbs  
1/4 cup milk, scalded  
1/4 cup sweet onion, chopped  
1 cup cheddar cheese (mild or sharp),  
grated  
salt (to taste)  
pepper (to taste)

Preheat the oven to 325 degrees.

Cook the eggplant in a pot of boiling water for 20 minutes or until soft. Drain.

In a bowl, mix the eggplant, breadcrumbs, milk, onion, cheddar cheese, salt and pepper.

Place all of the ingredients into a baking dish.

Bake for 30 minutes.

Remove from the oven and let set for 10 minutes before serving.

Per Serving (excluding unknown items): 172 Calories; 3g Fat (13.7% calories from fat); 7g Protein; 34g Carbohydrate; 12g Dietary Fiber; 8mg Cholesterol; 45mg Sodium. Exchanges: 6 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	172
% Calories from Fat:	13.7%
% Calories from Carbohydrates:	71.3%
% Calories from Protein:	14.9%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
	34g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	98mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

### Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	12g	<b>Lean Meat:</b>	0
<b>Protein (g):</b>	7g	<b>Vegetable:</b>	6
<b>Sodium (mg):</b>	45mg	<b>Fruit:</b>	0
<b>Potassium (mg):</b>	1149mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	113mg	<b>Fat:</b>	1/2
<b>Iron (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	11mg		
<b>Vitamin A (i.u.):</b>	462IU		
<b>Vitamin A (r.e.):</b>	60RE		

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	172	Calories from Fat: 24
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### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	1g	7%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	45mg	2%
<b>Total Carbohydrates</b>	34g	11%
Dietary Fiber	12g	49%
<b>Protein</b>	7g	
<b>Vitamin A</b>		9%
<b>Vitamin C</b>		18%
<b>Calcium</b>		11%
<b>Iron</b>		7%

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