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Paleo Persian Eggplant Stew over Cauliflower Rice

This Paleo Persian Eggplant Stew is a delicious and healthy dish that combines the flavors of Persian cuisine with the principles of the Paleo diet. The stew is made with tender eggplant, tomatoes, onions, and a blend of aromatic spices. It is served over a bed of cauliflower rice, making it a low-carb and grain-free meal option. Enjoy this flavorful and nutritious stew for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

| | |
|-------|----------|
| 500 g | eggplant |
| 400 g | Tomatoes |
| 200 g | onion |

| | |
|-------|--------------|
| 800 g | cauliflower |
| 30 g | olive oil |
| 10 g | garlic |
| 5 g | Turmeric |
| 5 g | Cumin |
| 2 g | Cinnamon |
| 5 g | Salt |
| 2 g | Black pepper |

Directions

Step 1

Cut

Cut the eggplant into small cubes and sprinkle with salt. Let it sit for 15 minutes to remove excess moisture.

Prep Time: 15 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic. Cook until the onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Add the eggplant cubes to the pot and cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Cooking

Add chopped tomatoes, turmeric, cumin, cinnamon, salt, and black pepper to the pot. Stir well to combine.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Simmering

Cover the pot and simmer for 20 minutes, or until the eggplant is tender and the flavors are well combined.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Grating

While the stew is simmering, prepare the cauliflower rice. Grate the cauliflower using a food processor or a grater.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Sautéing

Heat olive oil in a large skillet over medium heat. Add the grated cauliflower and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Serving

Serve the Paleo Persian Eggplant Stew over the cauliflower rice. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 15 g | 27.27% | 30% |
| Fibers | 8 g | 21.05% | 32% |
| Sugars | 8 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 8 mg | 100% | 44.44% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Potassium | 15 mg | 0.44% | 0.58% |
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese French Mediterranean Spanish Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Grill

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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