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Slow-Cooker Eggplant Casserole

A delicious vegan casserole made with slow-cooked eggplant. This dish is packed with flavor and nutrients, making it a perfect option for a healthy and satisfying meal. The eggplant is cooked until tender and combined with a savory tomato sauce, herbs, and spices. Serve it as a main course or a side dish for a hearty and filling meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	eggplant
400 g	tomato sauce
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
1 tsp	Dried Oregano
1 tsp	Dried Basil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Slice the eggplant into thin rounds and sprinkle with salt. Let it sit for 30 minutes to remove excess moisture.

Prep Time: 30 mins

Cook Time: 0 mins

Step 2

Rinse the eggplant slices and pat them dry with a paper towel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, heat olive oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the tomato sauce, dried oregano, dried basil, salt, and black pepper to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Slow cooker

Place a layer of eggplant slices in the bottom of a slow cooker. Top with a layer of the tomato sauce mixture. Repeat the layers until all the ingredients are used.

Prep Time: 5 mins

Cook Time: 127 mins

Step 6

Slow cooker

Cover the slow cooker and cook on low heat for 4 hours, or until the eggplant is tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 7

Serve the eggplant casserole hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	4 g	23.53%	23.53%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	8 g	21.05%	32%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	15 mg	16.67%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Italian

Chinese

Mexican

Mediterranean

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Kitchen Tools

Blender

Oven

Microwave

Slow Cooker

Course

Main Dishes

Salads

Meal Type

Supper

Difficulty Level

Medium

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