

# Eggplant Casserole II

*Sue Wade*

*Gourmet Eating in South Carolina - (1985)*

*1 medium eggplant  
3 slices toasted bread  
small amount milk  
2 eggs, slightly beaten  
3 tablespoons cream  
1 onion, finely chopped  
3 tablespoons butter, melted  
1 teaspoon salt  
pepper (to taste)*

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Preheat the oven to 350 degrees.

Peel the eggplant. Boil in a pot in salted water. Drain and mash.

In a bowl, soak the bread in a small amount of milk until soft. Mix with the mashed eggplant.

Add the eggs, onion, salt and pepper. Blend well. Place the mixture in a casserole dish.

In a bowl, milk the melted butter and cream. Pour over the mixture in the casserole.

Bake for 25 minutes or until golden brown.

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Per Serving (excluding unknown items): 723 Calories; 57g Fat (68.1% calories from fat); 20g Protein; 40g Carbohydrate; 13g Dietary Fiber; 556mg Cholesterol; 2657mg Sodium. Exchanges: 1 1/2 Lean Meat; 7 Vegetable; 10 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	723	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	68.1%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	21.2%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	10.7%	<b>Riboflavin B2 (mg):</b>	.7mg
<b>Total Fat (g):</b>	57g	<b>Folacin (mcg):</b>	158mcg
<b>Saturated Fat (g):</b>	32g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	17g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	556mg	<b>% Refuse:</b>	0 0%

