

Stuffed Eggplant

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-little-shoes-recipe>

Ingredients:

- 3 eggplants small or 2 large
- 2 cups cooked rice
- 1 onion large, diced
- garlic
- 1 cup spaghetti sauce
- oregano
- salt optional
- herbs optional
- spices optional
- 1 cup shredded cheese optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 13 grams
6. Protein: 11 grams
7. SaturatedFat: 5 grams
8. Sodium: 520 milligrams
9. Sugar: 12 grams

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