

ROASTED SWEET PEPPER AND AUBERGINE TIMBALE WITH CHEESE GRATIN

 Low protein diet

 First Course

 HSJDBCN



METHOD

- Roast the sweet pepper and aubergine in a moderate oven or on a grill until they are soft and the skin is wrinkled. Let them cool and then peel off the skin and then tear the vegetables into strips, lengthwise.
- In an oven-proof dish, make layers of the vegetable strips and then top off with a layer of tapenade. Spread the low protein cheese on top and finish au gratin in the oven.

INGREDIENTS

RECIPE FOR 4 PEOPLE

- 400g red sweet pepper
- 400g aubergine
- 80g low protein cheese
- 40g olive oil
- 40 g tapenade
- Salt

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 2.4 g (Kcal 4.7 %)
- Lipids total (g): 15 g (Kcal 67 %):
- Carbohydrates (g) 16 g (Kcal 32%)
- Energy (Kcal): 208
- Polyunsaturates (g): 1.38
- Tryptophane (mg): 21
- Leucine (mg): 162
- Lysine (mg) 93
- Methionine (mg): 24.2
- Phenylalanine (mg): 104
- Tyrosine (mg) 49



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