



WHATSheATE



Aubergine, tomato & Parmesan bake (Melanzane alla Parmigiana)



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients



2 garlic cloves crushed



6 tbsp olive oil



800 g tomatoes chopped canned



2 tbsp tomato purée



4 aubergines thick cut into long, 5mm slices



85 g parmesan freshly grated (or vegetarian alternative)



20 g pack basil

☐ 1 eggs beaten

Equipment

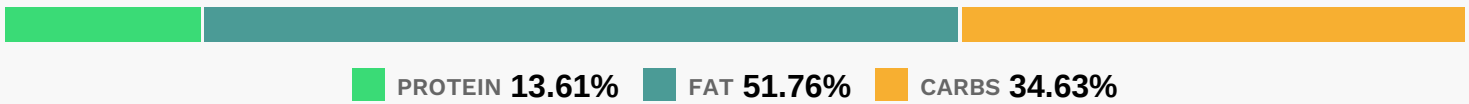
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ In a shallow pan, mix together the garlic and 4 tbsp of the olive oil. Cook over a high heat for 3 mins, tip in the tomatoes, then simmer for 8 mins, stirring every now and then. Stir in the tomato pure.
- ☐ Meanwhile, heat a griddle pan until very hot.
- ☐ Brush a few of the aubergines with a little oil, then add to the pan. Cook over a high heat until well browned and cooked through, about 5–7 mins. Turn them halfway through cooking. Lift onto kitchen paper and do the next batch.
- ☐ When all the aubergines are cooked, lay a few of them in the bottom of an ovenproof dish, then spoon over some sauce.
- ☐ Sprinkle with Parmesan and basil leaves.
- ☐ Add seasoning, then repeat this process with the remaining ingredients. Finally, pour the egg over the top, sprinkle over a little more Parmesan, then bake for 20 mins or until the topping is golden.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:21.358695621076%

Flavonoids

Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 313.06kcal (15.65%), Fat: 19.32g (29.72%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 17.21g (6.26%), Sugar: 17.06g (18.96%), Cholesterol: 36.91mg (12.3%), Sodium: 421.55mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Manganese: 1.02mg (51.06%), Fiber: 11.87g (47.48%), Vitamin K: 40.48µg (38.55%), Potassium: 1150.43mg (32.87%), Vitamin E: 4.84mg (32.26%), Copper: 0.53mg (26.61%), Calcium: 253.46mg (25.35%), Vitamin B6: 0.51mg (25.31%), Vitamin C: 20.46mg (24.8%), Phosphorus: 234.31mg (23.43%), Folate: 91.83µg (22.96%), Magnesium: 80.14mg (20.03%), Vitamin B3: 3.77mg (18.85%), Iron: 2.98mg (16.53%), Vitamin B2: 0.27mg (15.93%), Vitamin B1: 0.23mg (15.47%), Vitamin B5: 1.44mg (14.42%), Vitamin A: 710.26IU (14.21%), Selenium: 7.34µg (10.49%), Zinc: 1.39mg (9.27%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.22µg (1.45%)