



## Baked Eggplant Alla Romana

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**4**

CALORIES



**431 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 1 large eggplant peeled thinly sliced
- 1 clove garlic minced
- 1 pound ground beef
- 0.5 cup olive oil divided
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated

- 0.5 teaspoon salt
- 16 ounce spaghetti sauce

## Equipment

- frying pan
- paper towels
- ladle
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a few tablespoons of olive oil in a large skillet over medium-high heat. Fry eggplant slices in hot oil until browned thoroughly, 3 to 5 minutes per side.
- Add oil between batches as needed.
- Drain fried eggplant slices on paper towels and season with salt.
- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes.
- Add onion and garlic to the beef; cook and stir until onion is golden brown, about 5 minutes more.
- Pour spaghetti sauce over the ground beef; add oregano and stir. Simmer mixture until sauce is heated through, 5 to 7 minutes.
- Arrange about half the eggplant slices into the bottom of a shallow casserole dish to cover completely. Ladle about half the beef sauce over the eggplant.
- Sprinkle 1/4 cup Parmesan cheese over the sauce. Repeat layers.
- Beat egg with 2 tablespoons Parmesan cheese; pour over the top of the casserole.
- Bake in preheated oven until bubbling around the edges and hot in the center, 20 to 25 minutes.

## Nutrition Facts



■ PROTEIN 22.43% ■ FAT 62.77% ■ CARBS 14.8%

## Properties

Glycemic Index:34.25, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:20.198260825613%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 430.64kcal (21.53%), Fat: 30.41g (46.79%), Saturated Fat: 10.28g (64.25%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 10.41g (3.78%), Sugar: 9.31g (10.34%), Cholesterol: 123.61mg (41.2%), Sodium: 967.23mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin B12: 2.56µg (42.64%), Zinc: 5.49mg (36.57%), Vitamin B3: 6.72mg (33.6%), Selenium: 22.54µg (32.2%), Vitamin B6: 0.64mg (31.96%), Phosphorus: 284.39mg (28.44%), Potassium: 971.37mg (27.75%), Manganese: 0.46mg (23.24%), Fiber: 5.73g (22.9%), Vitamin E: 3.4mg (22.66%), Iron: 3.95mg (21.95%), Vitamin B2: 0.35mg (20.73%), Copper: 0.32mg (15.8%), Vitamin C: 12.73mg (15.43%), Vitamin B5: 1.46mg (14.59%), Magnesium: 58.13mg (14.53%), Folate: 54.49µg (13.62%), Vitamin K: 14.23µg (13.55%), Vitamin A: 603.24IU (12.06%), Vitamin B1: 0.14mg (9.35%), Calcium: 86.76mg (8.68%), Vitamin D: 0.35µg (2.31%)