



Baked Eggplant Parmesan

READY IN



245 min.

SERVINGS



6

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs italian-style
- 0.5 teaspoon basil dried
- 2 eggplant peeled cut into 1/2-inch slices
- 2 eggs beaten
- 0.3 cup parmesan cheese grated
- 28 ounce garlic-and-tomato pasta sauce

Equipment

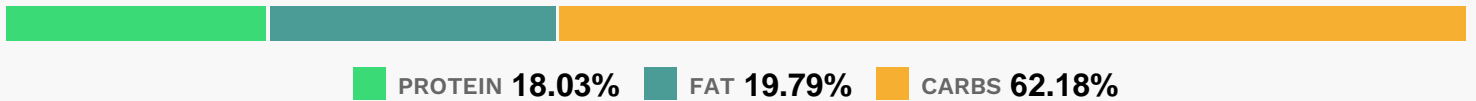
- bowl

- baking sheet
- paper towels
- oven
- casserole dish
- colander

Directions

- Place eggplant slices in a colander; sprinkle both sides of each slice with salt. Allow to sit for at least 3 hours. Wipe excess moisture from eggplant slices with paper towels.
- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Mix bread crumbs and 1/4 cup Parmesan cheese together in a bowl.
- Dip eggplant slices in beaten egg; coat with bread crumb mixture. Arrange coated eggplant slices in a single layer on the prepared baking sheet.
- Bake in the preheated oven until lightly browned and crisp, about 5 minutes per side.
- Cover the bottom of a 9x13-inch casserole dish with a layer of spaghetti sauce; top with a layer of eggplant slices.
- Sprinkle with about 1 tablespoon of the remaining Parmesan cheese and 1/3 the mozzarella cheese. Repeat layers with remaining ingredients, ending with a cheese layer.
- Sprinkle with basil.
- Bake in the preheated oven until cheese is bubbling and golden brown, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:15.073478294455%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 179.73kcal (8.99%), Fat: 4.19g (6.45%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 22.21g (8.08%), Sugar: 11.27g (12.53%), Cholesterol: 58.19mg (19.4%), Sodium: 855.71mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Manganese: 0.68mg (33.85%), Fiber: 7.41g (29.62%), Potassium: 807.91mg (23.08%), Vitamin B1: 0.27mg (18.16%), Folate: 72.16µg (18.04%), Vitamin B3: 3.51mg (17.57%), Vitamin B2: 0.3mg (17.5%), Vitamin E: 2.56mg (17.08%), Selenium: 11.75µg (16.79%), Copper: 0.34mg (16.78%), Iron: 2.84mg (15.78%), Phosphorus: 157.75mg (15.77%), Vitamin B6: 0.31mg (15.45%), Vitamin C: 12.62mg (15.3%), Vitamin A: 723.82IU (14.48%), Magnesium: 52.77mg (13.19%), Vitamin B5: 1.18mg (11.76%), Vitamin K: 11.78µg (11.22%), Calcium: 112.11mg (11.21%), Zinc: 1.17mg (7.81%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.31µg (2.09%)