



 **12%**
HEALTH SCORE

Baked-Eggplant Parmesan

READY IN



90 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- 1 serving olive oil extra virgin extra-virgin for brushing
- 2 large eggs
- 0.8 cup breadcrumbs plain dry
- 0.8 cup parmesan finely grated for topping
- 1 teaspoon oregano dried
- 0.5 teaspoon basil dried
- 1 serving salt and pepper freshly ground
- 2 large eggplant peeled sliced into ½-inch rounds ()
- 48 ounces tomato sauce homemade store-bought

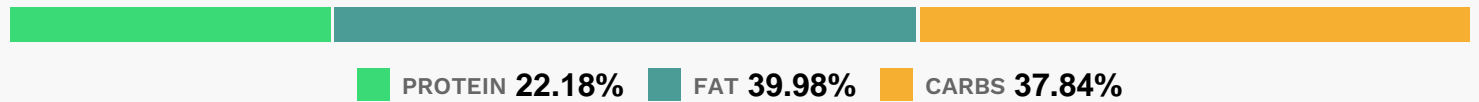
1.5 cups mozzarella cheese shredded

Equipment

Directions

- Grilled Eggplant Parmesan
- Crispy Lemon-Parmesan Eggplant
- Eggplant Parmesan Stacks
- Layered Eggplant and Polenta Casserole
- Traditional Eggplant Parmigiana
- Breaded Eggplant with Arugula and Parmesan
- Stuffed Eggplant Parmesan

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:4.11, Inflammation Score:-8, Nutrition Score:16.98304342187%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 243.35kcal (12.17%), Fat: 11.32g (17.42%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 17.53g (6.38%), Sugar: 11.07g (12.3%), Cholesterol: 69.46mg (23.15%), Sodium: 1206.64mg (52.46%), Alcohol: 0g (100%), Protein: 14.13g (28.27%), Manganese: 0.57mg (28.55%), Calcium: 282.12mg (28.21%), Fiber: 6.57g (26.29%), Phosphorus: 254.81mg (25.48%), Potassium: 833.89mg (23.83%), Vitamin E: 3.3mg (21.98%), Vitamin A: 1050.25IU (21.01%), Vitamin B2: 0.34mg (20.2%), Selenium: 13.45µg (19.21%), Vitamin C: 14.43mg (17.49%), Copper: 0.33mg (16.57%), Iron: 2.93mg (16.29%), Vitamin B3: 3.17mg (15.86%), Vitamin B6: 0.32mg (15.81%), Folate: 60.12µg (15.03%), Magnesium: 56.84mg (14.21%), Vitamin B1: 0.2mg (13.26%), Vitamin K: 13.8µg (13.14%), Vitamin B12: 0.74µg (12.3%), Vitamin B5: 1.17mg (11.7%), Zinc: 1.75mg (11.65%), Vitamin D: 0.38µg (2.54%)