



Baked Eggplant Rolls: Involtini di Melanzane

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



214 kcal

Ingredients

- ☐ 3 medium eggplants with the stem ends removed, cut lengthwise into 1/ slices
- ☐ 4 large eggs
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 6 servings olive oil for frying extra-virgin
- ☐ 0.3 cup plus 2 tablespoons parmigiano-reggiano freshly grated
- ☐ 0.3 cup freshly parsley leaves italian chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups basic tomato sauce

Equipment

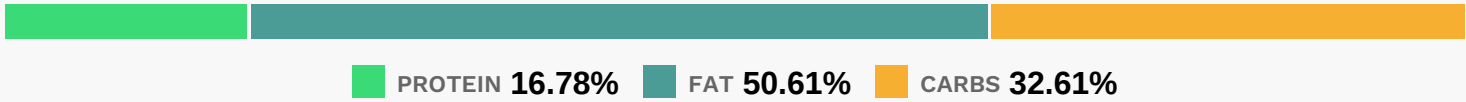
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ In a 12-inch frying pan, pour olive oil until it sits 1-inch deep.
- ☐ Heat the oil over medium-high heat until it is hot, but not smoking.
- ☐ Add the eggplant slices and fry, in batches, until lightly browned on each side.
- ☐ Remove the eggplant slices to drain on paper towels
- ☐ To make the frittata: whisk the eggs and the 1/3 cup Parmesan together in a bowl.
- ☐ Add the parsley, and season the mixture, to taste, with the salt and pepper.
- ☐ Heat 2 tablespoons olive oil in an 8 to 10-inch nonstick frying pan over medium-high heat.
- ☐ Pour in the egg mixture and cook, swirling the egg mixture to cover the bottom of the pan. Cook until the omelet sets and the bottom turns a light golden brown. Invert the frittata over a clean plate and then return to the pan, top-side down, golden brown-side up. Cook for another 1 to 2 minutes until the bottom side is also golden brown.
- ☐ Transfer the frittata to a cutting board and, using a sharp knife, cut into 1 1/2-inch strips.
- ☐ Cut each strip in half, crosswise.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place a frittata strip in the center of each eggplant piece. A few of the longer eggplant slices will need 2 shorter strips of frittata.
- ☐ Roll the stuffed eggplant up from 1 end to the other and place, seam side down, in a lightly greased baking pan. The rolls should be placed side by side, somewhat tightly, together. Spoon the tomato sauce over the eggplant rolls and drizzle lightly with olive oil.
- ☐ Sprinkle lightly with the remaining 2 tablespoons Parmesan.

- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:17.928695637247%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 213.75kcal (10.69%), Fat: 12.76g (19.63%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 10.27g (3.73%), Sugar: 11.19g (12.43%), Cholesterol: 127.78mg (42.59%), Sodium: 530.05mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.04%), Vitamin K: 69.82µg (66.5%), Fiber: 8.23g (32.92%), Manganese: 0.65mg (32.36%), Potassium: 837.94mg (23.94%), Vitamin E: 3.33mg (22.18%), Folate: 78.87µg (19.72%), Vitamin C: 15.19mg (18.41%), Phosphorus: 183.66mg (18.37%), Vitamin B2: 0.31mg (18.36%), Vitamin A: 911.02IU (18.22%), Selenium: 12.67µg (18.1%), Vitamin B6: 0.34mg (16.87%), Copper: 0.31mg (15.57%), Vitamin B5: 1.45mg (14.47%), Magnesium: 52.59mg (13.15%), Iron: 2.2mg (12.21%), Calcium: 121.61mg (12.16%), Vitamin B3: 2.38mg (11.9%), Vitamin B1: 0.13mg (8.49%), Zinc: 1.17mg (7.77%), Vitamin B12: 0.36µg (6.06%), Vitamin D: 0.69µg (4.63%)