



Baked Eggplant Sandwiches



Gluten Free



Popular

READY IN



80 min.

SERVINGS



10

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup almond flour
- ☐ 1 lb eggplant
- ☐ 2 eggs
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup parsley fresh divided chopped
- ☐ 0.8 cup parmesan cheese finely grated (if using almond meal,)
- ☐ 5 oz provolone cheese sliced thin
- ☐ 10 servings salt and pepper

☐ 8 oz sun-dried tomatoes dried packed in oil

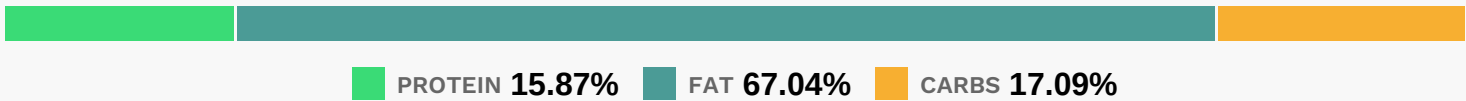
Equipment

☐ baking sheet

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Baked Eggplant Sandwiches
- ☐ Adapted from: Carlo Middione's "The Food of Southern Italy"
- ☐ Ingredients1 medium eggplant (1 lb.)5-6 oz provolone cheese, sliced thin1 small jar (8 oz) sun dried tomatoes packed in oil1/2 cup fresh chopped flat leaf parsley, divided3/4 cup breadcrumbs or 1 1/2 cups almond meal (if nut free, do not use almond meal)3/4 cup finely grated parmesan cheese (if using almond meal, 1 1/2 cups)2-3 eggs1/4 cup extra virgin olive oil
- ☐ Salt and pepper1 1/4 cup marinara or arrabiata sauce (optional)Nonstick cooking oil spray or more olive oil for greasing the baking sheet
- ☐ Total Time: 1 Hour 20 Minutes
- ☐ Servings: About 10 eggplant sandwiches
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:12.360869568327%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 249.84kcal (12.49%), Fat: 19.56g (30.1%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 7.56g (2.75%), Sugar: 2.04g (2.26%), Cholesterol: 49.04mg (16.35%), Sodium: 503.61mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin K: 54.5µg (51.91%), Vitamin C: 28.08mg (34.03%), Calcium: 215.08mg (21.51%), Phosphorus: 179.43mg (17.94%), Vitamin A: 791.95IU (15.84%), Potassium: 521.03mg (14.89%), Fiber: 3.67g (14.66%), Vitamin B2: 0.22mg (12.83%), Selenium: 8.2µg (11.72%), Manganese: 0.23mg (11.32%), Magnesium: 33.88mg (8.47%), Iron: 1.51mg (8.38%), Copper: 0.16mg (8.08%), Zinc: 1.18mg (7.85%), Vitamin E: 1.1mg (7.33%), Vitamin B6: 0.14mg (7.23%), Folate: 25.76µg (6.44%), Vitamin B12: 0.39µg (6.44%), Vitamin B3: 1.19mg (5.96%), Vitamin B1: 0.07mg (4.82%), Vitamin B5: 0.47mg (4.75%), Vitamin D: 0.28µg (1.9%)