



Bertolli Baked Eggplant Parmigiana

READY IN



100 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds eggplant peeled cut into 1/4-inch slices
- 4 large eggs beaten
- 8 ounces mozzarella fresh thinly sliced
- 1.8 cups seasoned bread crumbs dry italian
- 0.5 cup parmesan cheese grated
- 48 ounce tomato basil sauce bertolli®
- 3 tablespoons water

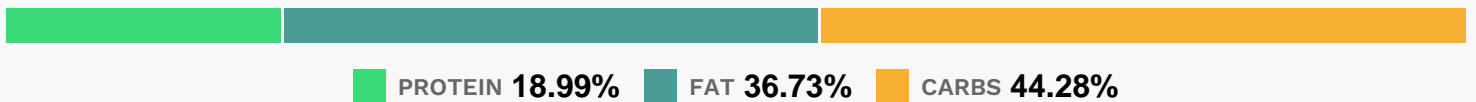
Equipment

- bowl
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F.
- Combine bread crumbs with 1/4 cup Parmesan cheese in medium bowl. Dip eggplant in egg mixture, then bread crumb mixture, coating well. Arrange eggplant in single layer on lightly greased baking sheets.
- Bake 30 minutes or until golden.
- Evenly spread 1 cup sauce in 9x13 inch baking dish.
- Layer 1/3 of the baked eggplant, then 1-1/2 cups sauce, 1/3 of the mozzarella cheese and 1/3 of the remaining Parmesan cheese; repeat. Top with remaining eggplant and sauce.
- Cover with aluminum foil and bake 45 minutes.
- Remove foil and top with remaining cheeses.
- Bake uncovered an additional 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:17.858695486318%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 398.47kcal (19.92%), Fat: 16.19g (24.91%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 33.78g (12.28%), Sugar: 18.15g (20.16%), Cholesterol: 121.1mg (40.37%), Sodium: 1315.44mg (57.19%), Alcohol: Og (100%), Protein: 18.83g (37.65%), Fiber: 10.13g (40.53%), Calcium: 325mg (32.5%), Selenium:

21.51µg (30.72%), Vitamin A: 1478.03IU (29.56%), Manganese: 0.54mg (27.11%), Potassium: 932.18mg (26.63%), Phosphorus: 263.16mg (26.32%), Vitamin B2: 0.37mg (21.58%), Vitamin B1: 0.32mg (21.11%), Folate: 70.29µg (17.57%), Vitamin B12: 1.05µg (17.42%), Iron: 3.13mg (17.38%), Vitamin K: 16.88µg (16.07%), Vitamin C: 11.37mg (13.78%), Zinc: 1.98mg (13.19%), Vitamin B3: 2.41mg (12.03%), Vitamin B6: 0.2mg (9.91%), Magnesium: 38.86mg (9.72%), Vitamin B5: 0.93mg (9.26%), Copper: 0.18mg (9.02%), Vitamin E: 0.76mg (5.04%), Vitamin D: 0.64µg (4.3%)