



Cheese-Filled Eggplant Rolls



Vegetarian



Gluten Free

READY IN



58 min.

SERVINGS



4

CALORIES



260 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound eggplant trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 ounces goat cheese
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup bottled marinara sauce divided
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta cheese

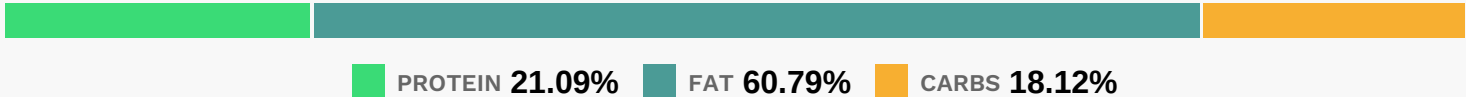
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450
- ☐ Cut eggplant lengthwise into 8 (1/4-inch-thick) slices.
- ☐ Coat a large baking sheet with cooking spray.
- ☐ Place eggplant slices on pan; brush slices with olive oil, and sprinkle with salt and pepper.
- ☐ Bake at 450 for 12 minutes or until tender; cover and keep warm.
- ☐ Reduce oven temperature to 375
- ☐ Spread 2/3 cup sauce in an 8-inch square baking dish coated with cooking spray.
- ☐ Combine ricotta cheese, goat cheese, and parsley in a small bowl.
- ☐ Spread 2 tablespoons ricotta mixture onto each eggplant slice.
- ☐ Roll up slices, and place, seam sides down, in dish. Spoon remaining 1/3 cup sauce evenly over rolls, and sprinkle with mozzarella cheese. Cover and bake at 375 for 25 minutes; uncover and bake an additional 5 minutes or until cheese is browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:12.923043396162%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 259.54kcal (12.98%), Fat: 18.09g (27.83%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 7.71g (2.8%), Sugar: 6.7g (7.45%), Cholesterol: 31.72mg (10.57%), Sodium: 814.85mg (35.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Vitamin K: 27.66µg (26.34%), Calcium: 256.37mg (25.64%), Phosphorus: 239.66mg (23.97%), Manganese: 0.4mg (19.79%), Copper: 0.39mg (19.45%), Fiber: 4.42g (17.67%), Vitamin A: 856.97IU (17.14%), Vitamin B2: 0.29mg (17.13%), Vitamin E: 2.33mg (15.55%), Potassium: 508.61mg (14.53%), Selenium: 8.73µg (12.48%), Vitamin B6: 0.24mg (12.2%), Folate: 40.73µg (10.18%), Vitamin C: 8.11mg (9.83%), Magnesium: 38.44mg (9.61%), Iron: 1.68mg (9.35%), Zinc: 1.4mg (9.32%), Vitamin B5: 0.79mg (7.94%), Vitamin B3: 1.52mg (7.6%), Vitamin B1: 0.09mg (5.93%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.19µg (1.25%)