



WHATSheATE



Classico® Eggplant Parmesan

READY IN



65 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley flakes dried
- ☐ 1 eggs beaten
- ☐ 1 medium eggplant sliced
- ☐ 0.3 cup milk fat-free
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon oregano dried crushed
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 15 ounces four cheese pasta sauce classico®

- ☐ 0.1 teaspoon pepper
- ☐ 1 cup saltines crushed

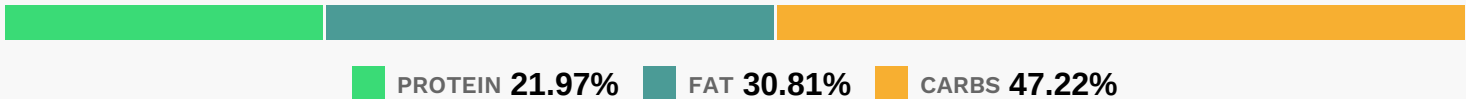
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a small bowl combine egg, milk, and pepper. In another bowl stir together cracker crumbs, Parmesan cheese, and dried parsley flakes.
- ☐ Dip eggplant slices in the milk mixture to coat, then dip both sides in the cracker mixture.
- ☐ Lightly coat a 2-quart rectangular baking dish with cooking spray. Arrange eggplant in dish.
- ☐ In a bowl stir together Classico® Four Cheese pasta sauce, oregano, and garlic; pour over eggplant.
- ☐ Bake, covered, in a 350 degree F oven for 40 minutes or until eggplant is tender.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Bake, uncovered, 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:16.408260894858%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 232.74kcal (11.64%), Fat: 8.26g (12.71%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 22.55g (8.2%), Sugar: 9.2g (10.22%), Cholesterol: 60.26mg (20.09%), Sodium: 936.86mg (40.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Manganese: 0.67mg (33.4%), Calcium: 291.38mg (29.14%), Vitamin K: 27.17µg (25.88%), Phosphorus: 255.03mg (25.5%), Fiber: 5.92g (23.7%), Vitamin B2: 0.38mg (22.25%), Potassium: 708.26mg (20.24%), Folate: 68.37µg (17.09%), Selenium: 11.94µg (17.06%), Vitamin E: 2.39mg (15.93%), Iron: 2.86mg (15.87%), Vitamin B3: 3.09mg (15.47%), Vitamin A: 756.6IU (15.13%), Vitamin B1: 0.22mg (14.36%), Vitamin B6: 0.28mg (14.19%), Vitamin C: 11.45mg (13.88%), Copper: 0.27mg (13.39%), Magnesium: 51.15mg (12.79%), Zinc: 1.67mg (11.13%), Vitamin B5: 1.01mg (10.12%), Vitamin B12: 0.46µg (7.65%), Vitamin D: 0.48µg (3.22%)