



## Classico Eggplant Rollatini

 Gluten Free

READY IN



58 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 egg yolk
- 2 medium size eggplant
- 0.1 teaspoon ground pepper black
- 0.1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons parmesan cheese grated
- 1.5 cups part-skim mozzarella cheese shredded
- 1 cup part-skim ricotta cheese
- 1.5 cups four cheese pasta sauce classico®

- 0.5 teaspoon salt

## Equipment

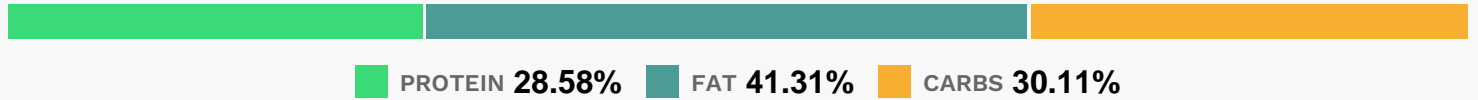
- bowl
- baking sheet
- paper towels
- oven
- wire rack
- baking pan
- grill
- grill pan

## Directions

- Trim tops and bottoms from eggplant.
- Cut each into 6 lengthwise slices, about 1/2-inch thick.
- Spread slices onto 2 large cookie sheets lined with paper towels.
- Sprinkle slices with 1/4 teaspoon of the salt, then turn slices over and sprinkle with remaining 1/4 teaspoon salt.
- Let stand 15 minutes, flipping slices halfway.
- Heat grill or grill pan to medium-high heat. Quickly rinse eggplant slices under running water; pat dry. Spray both sides with nonstick cooking spray. Grill slices until softened and nicely marked, about 4 minutes per side. Return slices (do not overlap) to large cookie sheets (without paper towels).
- Heat oven to 350 degrees F and coat a 13x9x2-inch baking dish with nonstick cooking spray. In a small bowl, stir together 3/4 cup of the mozzarella, the ricotta, egg yolk, Italian seasoning and pepper. Stir until well combined.
- Divide red pepper pieces evenly among eggplant slices, placing them on the wider end of each slice. Top each pepper with a heaping tablespoon of cheese filling.
- Place 1/2 cup of the Classico® Four Cheese pasta sauce on the bottom of the prepared dish.
- Roll up eggplant slices, starting at the wide end and enclosing filling.

- Place in dish. Top with remaining 1 cup Classico® Four Cheese pasta sauce, remaining 3/4 cup mozzarella and the grated Parmesan cheese.
- Bake at 350 degrees F for 25 minutes.
- Remove to wire rack and cool at least 10 minutes before serving.
- Add salt to taste.

## Nutrition Facts



### Properties

Glycemic Index:28, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:19.659130428148%

### Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 296.88kcal (14.84%), Fat: 14.18g (21.81%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 14.96g (5.44%), Sugar: 12.05g (13.39%), Cholesterol: 96.88mg (32.29%), Sodium: 1114.17mg (48.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.13%), Calcium: 559.91mg (55.99%), Phosphorus: 421.28mg (42.13%), Fiber: 8.29g (33.16%), Manganese: 0.66mg (32.82%), Selenium: 21.04µg (30.06%), Potassium: 921.24mg (26.32%), Vitamin B2: 0.42mg (24.66%), Vitamin A: 978.51IU (19.57%), Folate: 77.37µg (19.34%), Zinc: 2.77mg (18.49%), Vitamin B6: 0.34mg (17.14%), Magnesium: 66.18mg (16.55%), Copper: 0.33mg (16.43%), Vitamin E: 2.25mg (15.02%), Vitamin C: 11.47mg (13.9%), Vitamin B5: 1.25mg (12.55%), Vitamin B3: 2.5mg (12.48%), Vitamin K: 12.26µg (11.67%), Iron: 1.94mg (10.78%), Vitamin B12: 0.65µg (10.76%), Vitamin B1: 0.14mg (9.38%), Vitamin D: 0.44µg (2.96%)