



Crispy Baked Eggplant Fries with Marinara Dipping Sauce (aka Eggplant Parmesan Fries!)

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium eggplant cut into 1/ 'fries'
- ☐ 2 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.8 cup panko breadcrumbs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 servings salt and pepper to taste

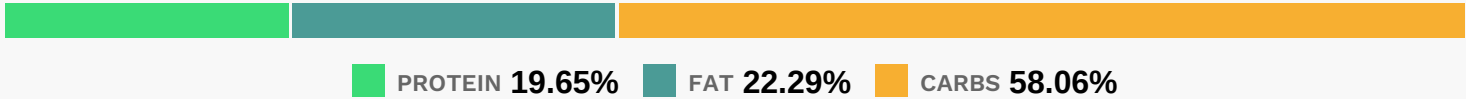
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Dredge the eggplant slices in the flour, dip them in the egg and then into a mixture of the panko breadcrumbs, parmesan, thyme salt and pepper.
- ☐ Place the eggplant slices on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 7–10 minutes.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:19.35, Inflammation Score:-7, Nutrition Score:21.871304408364%

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: 374.45kcal (18.72%), Fat: 9.37g (14.41%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 45.76g (16.64%), Sugar: 9.87g (10.96%), Cholesterol: 172.18mg (57.39%), Sodium: 626.67mg (27.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.16%), Manganese: 1.02mg (50.82%), Selenium: 33.32µg (47.6%), Folate: 155.57µg (38.89%), Vitamin B1: 0.58mg (38.43%), Fiber: 9.15g (36.6%), Vitamin B2: 0.58mg (33.98%), Phosphorus: 301.18mg (30.12%), Calcium: 255.2mg (25.52%), Vitamin B3: 4.94mg (24.69%), Iron: 4.31mg (23.92%), Potassium: 686.81mg (19.62%), Vitamin B6: 0.33mg (16.5%), Copper: 0.33mg (16.5%), Vitamin B5: 1.64mg (16.45%), Magnesium: 62.1mg (15.52%), Vitamin K: 16.16µg (15.39%), Zinc: 1.85mg (12.33%), Vitamin B12: 0.62µg (10.34%), Vitamin E: 1.4mg (9.31%), Vitamin A: 404.9IU (8.1%), Vitamin D: 0.94µg (6.28%), Vitamin C: 5.06mg (6.13%)