



Crispy Eggplant and Mushroom Lasagna

READY IN



55 min.

SERVINGS



6

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings canola oil
- ☐ 1 eggplant peeled sliced into 1/8-inch discs
- ☐ 5 eggs beaten
- ☐ 14.5 ounce canned tomatoes fire roasted canned
- ☐ 1 cup flour all-purpose
- ☐ 16 ounce mozzarella cheese fresh thinly sliced
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 1 cup bean soup white
- ☐ 1 cup milk

- ☐ 1.5 cups panko bread crumbs
- ☐ 1 cup parmesan grated
- ☐ 1 tablespoon cracked pepper black plus more for seasoning
- ☐ 1 cup pesto store-bought
- ☐ 8 portobello mushroom caps
- ☐ 1 tablespoon water

Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

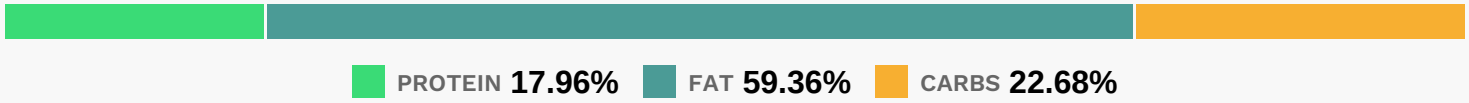
Directions

- ☐ In a deep-fryer or heavy-bottomed pot, heat enough canola oil to come halfway up the sides of the pot, to 375 degrees F. Preheat the oven to 400 degrees F.
- ☐ Put the flour, eggs, and bread crumbs in 3 separate shallow dishes.
- ☐ Add the water to egg dish. Dredge the eggplant slices through the flour, shaking off the excess. Then coat the eggplant with the eggs and then the bread crumbs.
- ☐ Put the breaded slices on a quarter sheet tray and set aside. Repeat the same procedure with the portobello caps. Working in several batches, fry the eggplant slices and mushroom slices in the fryer until golden brown, about 2 to 3 minutes.
- ☐ Remove them from the fryer to a half sheet tray lined with paper towels. Season the eggplant and mushrooms with the tablespoon of salt and pepper, after removing them from the fryer. Set aside.
- ☐ In a medium-sized saucepan, whisk together the soup and the milk. Bring it to a simmer over low heat. Stir in the pesto and tomatoes until well incorporated. Season with salt and pepper, to taste.

- ☐
- Remove from the heat and set aside.

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Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:13.73, Inflammation Score:-9, Nutrition Score:33.123478391896%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 857.99kcal (42.9%), Fat: 56.86g (87.48%), Saturated Fat: 18.58g (116.14%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 41.4g (15.06%), Sugar: 12.79g (14.21%), Cholesterol: 215.64mg (71.88%), Sodium: 2586.25mg (112.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.71g (77.42%), Selenium: 60.74µg (86.77%), Calcium: 785.39mg (78.54%), Phosphorus: 688.97mg (68.9%), Vitamin B2: 0.84mg (49.31%), Vitamin B12: 2.58µg (42.97%), Vitamin A: 2040IU (40.8%), Vitamin B3: 8mg (40.01%), Manganese: 0.72mg (35.79%), Folate: 128.79µg (32.2%), Vitamin B1: 0.48mg (31.76%), Fiber: 7.49g (29.95%), Zinc: 4.43mg (29.56%), Vitamin B5: 2.6mg (26.04%), Copper: 0.52mg (25.79%), Potassium: 864.59mg (24.7%), Iron: 4.17mg (23.18%), Vitamin E: 3.42mg (22.81%), Vitamin B6: 0.4mg (19.97%), Vitamin K: 17.66µg (16.82%), Magnesium: 57.82mg (14.45%), Vitamin D: 1.9µg (12.68%), Vitamin C: 7.29mg (8.84%)