



Crispy Eggplant with Spicy Tomato Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 eggplant peeled cut into 1/4-inch slices
- ☐ 2 eggs
- ☐ 2 tablespoons milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 servings salt to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 cups tomato sauce prego® such as Heart Smart
- ☐ 0.5 cup wheat germ

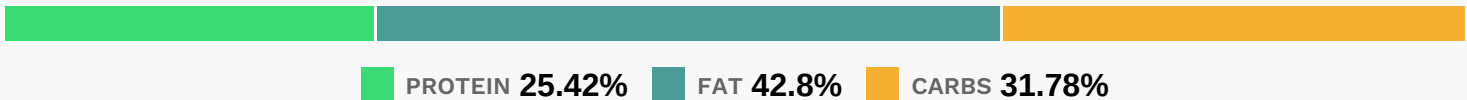
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Sprinkle the eggplant slices with a little salt on each side.
- ☐ Place onto a baking sheet, and set aside for 10 minutes. After 10 minutes, blot with paper towels to remove the moisture that has accumulated. Meanwhile, beat the eggs and milk together in a mixing bowl; set aside.
- ☐ Mix the Parmesan cheese and wheat germ until evenly combined; set aside.
- ☐ Dip the dried eggplant slices into the egg, allow excess egg to drip off, then press into the Parmesan cheese mixture until coated on both sides. Gently shake off any excess Parmesan cheese, and place the eggplant slices onto a baking sheet. Repeat with remaining eggplant slices.
- ☐ Bake in the preheated oven until tender and golden brown, 15 to 20 minutes. While the eggplant slices are baking, cook and stir the tomato sauce and cayenne pepper in a saucepan over medium heat until hot. When the eggplant is done, pour the sauce over top, and sprinkle with mozzarella cheese to serve.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:24.356086876081%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 283.95kcal (14.2%), Fat: 14.15g (21.77%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 16.33g (5.94%), Sugar: 9.19g (10.22%), Cholesterol: 115.74mg (38.58%), Sodium: 1207.01mg (52.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Manganese: 2.34mg (117.24%), Phosphorus: 412.56mg (41.26%), Selenium: 28.54µg (40.77%), Calcium: 307.37mg (30.74%), Fiber: 7.31g (29.22%), Zinc: 3.91mg (26.04%), Vitamin B2: 0.43mg (25.39%), Vitamin B1: 0.37mg (24.73%), Potassium: 850.26mg (24.29%), Vitamin B6: 0.48mg (23.89%), Vitamin A: 1193.17IU (23.86%), Folate: 90.19µg (22.55%), Magnesium: 83.04mg (20.76%), Copper: 0.37mg (18.7%), Vitamin E: 2.61mg (17.39%), Vitamin B12: 1.04µg (17.39%), Iron: 2.94mg (16.36%), Vitamin B3: 3.04mg (15.22%), Vitamin B5: 1.47mg (14.7%), Vitamin C: 11.48mg (13.91%), Vitamin K: 8.78µg (8.37%), Vitamin D: 0.7µg (4.65%)