



 **35%**
HEALTH SCORE

Easy Eggplant Parmesan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons olive oil
- 1 onion chopped
- 1 garlic clove minced
- 0.5 jar pasta sauce
- 1.5 pounds eggplant sliced
- 2 cups weight cream cheese italian
- 1 cup basil chopped
- 1 cup basil chopped

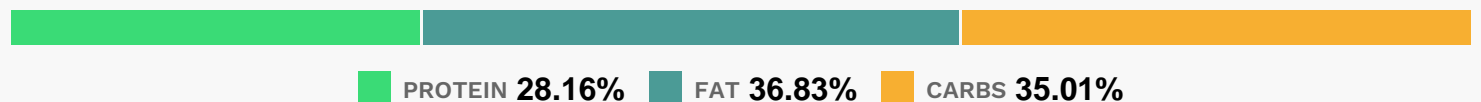
Equipment

- baking sheet
- paper towels
- sauce pan
- oven
- baking pan
- broiler

Directions

- Put the eggplant on a baking sheet and brush with olive oil.
- Place under the broiler until soft.
- Remove and allow to cool.
- Meanwhile, heat the sauce in a small saucepan.
- Heat the remaining oil and cook the onion for 5 minutes. Then add the garlic and cook for an additional minute.
- Add the onion and garlic to the sauce.
- Arrange the eggplant across the bottom of a 8 x 6 baking dish and then scatter cheese on top. Repeat layers until you run out of eggplant. Finish off with sauce, basil and remaining cheese.
- Bake for 40 minutes and 37
- Optional: If you prefer you can fry the eggplant in a bit of olive oil. Then, soak up oil on a paper towel.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:22.743913043478%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 289.27kcal (14.46%), Fat: 12.3g (18.92%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 19.25g (7%), Sugar: 16.43g (18.26%), Cholesterol: 13.56mg (4.52%), Sodium: 1201.48mg (52.24%), Protein: 21.16g (42.31%), Phosphorus: 670.61mg (67.06%), Vitamin K: 64.8µg (61.72%), Calcium: 452.87mg (45.29%), Manganese: 0.69mg (34.53%), Potassium: 1034.78mg (29.57%), Fiber: 7.05g (28.21%), Vitamin B2: 0.44mg (25.59%), Folate: 98.03µg (24.51%), Vitamin E: 3.37mg (22.47%), Vitamin A: 1100.68IU (22.01%), Magnesium: 72.04mg (18.01%), Vitamin B12: 1.07µg (17.89%), Vitamin B5: 1.75mg (17.53%), Vitamin B6: 0.34mg (17.18%), Vitamin C: 14.12mg (17.12%), Copper: 0.34mg (16.77%), Zinc: 2.31mg (15.38%), Vitamin B3: 2.35mg (11.76%), Iron: 1.93mg (10.73%), Vitamin B1: 0.15mg (10.01%), Selenium: 6.84µg (9.77%)