



Easy Eggplant Parmesan

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 1.5 lb eggplant ends trimmed peeled
- 0.8 cup italian* five cheese blend shredded kraft finely
- 0.5 cup panko bread crumbs
- 0.3 cup seasoned parmesan cheese rosemary & garlic grated kraft
- 0.5 lb pasta like spaghetti uncooked
- 24 oz classico tomato and basil pasta sauce

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Cover baking sheet with foil; spray with cooking spray.
- Combine bread crumbs and cheeses in shallow dish. Dip eggplant slices, 1 at a time, in egg then in cheese mixture, turning to evenly coat both sides of each slice.
- Place on prepared baking sheet.
- Bake 12 min. or until lightly browned. Meanwhile, heat sauce and cook spaghetti as directed on package, omitting salt.
- Drain spaghetti.
- Serve topped with eggplant and sauce.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:2.4539130511491%

Flavonoids

Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.59kcal (3.43%), Fat: 1.83g (2.81%), Saturated Fat: 0.42g (2.59%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 8.58g (3.12%), Sugar: 2.7g (3%), Cholesterol: 6.74mg (2.25%), Sodium: 115.49mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Selenium: 5.84µg (8.34%), Fiber: 1.69g (6.77%), Manganese: 0.13mg (6.61%), Potassium: 146.89mg (4.2%), Vitamin A: 156.42IU (3.13%), Phosphorus: 29.57mg (2.96%), Calcium: 26.5mg (2.65%), Copper: 0.04mg (2.21%), Folate: 8.16µg (2.04%), Magnesium: 8.08mg (2.02%), Iron: 0.36mg (2%), Vitamin C: 1.59mg (1.92%), Vitamin B1: 0.03mg (1.74%), Vitamin B3: 0.34mg (1.72%), Vitamin B6: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.56%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.27%)