

# Easy Fried Eggplant

 Vegetarian  Dairy Free  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

## Ingredients

- 2 tablespoons canola oil
- 2 cups bread crumbs dry
- 1 large eggplant peeled sliced
- 3 eggs beaten

## Equipment

- frying pan
- paper towels

## Directions

- Heat oil in a large skillet over medium-high heat. Dip eggplant slices in egg, then in crumbs, and place in hot oil. Fry 2 to 3 minutes on each side, or until golden brown.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:15.96434793265%

## 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: 350.99kcal (17.55%), Fat: 13.21g (20.32%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 39.97g (14.54%), Sugar: 7.51g (8.35%), Cholesterol: 122.76mg (40.92%), Sodium: 444.43mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Vitamin B1: 0.58mg (38.67%), Manganese: 0.77mg (38.56%), Selenium: 24.08µg (34.4%), Folate: 98.48µg (24.62%), Vitamin B2: 0.41mg (24.16%), Fiber: 5.86g (23.46%), Vitamin B3: 4.35mg (21.75%), Iron: 3.45mg (19.16%), Phosphorus: 181.92mg (18.19%), Vitamin E: 1.96mg (13.05%), Calcium: 127.61mg (12.76%), Copper: 0.25mg (12.71%), Vitamin K: 12.66µg (12.06%), Potassium: 413.58mg (11.82%), Vitamin B5: 1.13mg (11.26%), Vitamin B6: 0.22mg (10.88%), Magnesium: 43.21mg (10.8%), Zinc: 1.39mg (9.28%), Vitamin B12: 0.48µg (8.05%), Vitamin D: 0.66µg (4.4%), Vitamin A: 204.54IU (4.09%), Vitamin C: 2.52mg (3.05%)