



Eggplant and Goat-Cheese Sandwiches with Tomato Tarragon Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups canned tomatoes thick canned crushed one 28-ounce can
- ☐ 4 servings cooking oil for frying
- ☐ 1.5 teaspoons tarragon dried
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggplants peeled
- ☐ 4 eggs beaten
- ☐ 0.5 pound mild goat cheese such as Montrachet, cut into 8 rounds
- ☐ 0.5 teaspoon fresh-ground pepper black

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1.3 teaspoons salt
- ☐ 1 teaspoon sugar

Equipment

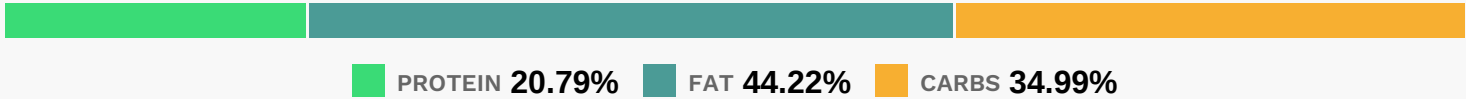
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a medium saucepan, heat the olive oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the tomatoes, tarragon, 3/4 teaspoon of the salt, and the sugar and simmer, stirring occasionally, for 25 minutes. Stir in 1/4 teaspoon of the pepper.
- ☐ Meanwhile, heat the oven to 35
- ☐ In a medium bowl, combine the bread crumbs, Parmesan, and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Dip each slice of eggplant in the eggs and then in the bread-crumb mixture, coating well. In a large frying pan, heat about half an inch of cooking oil over moderate heat until very hot. Fry the eggplant in the hot oil, in batches, turning once, until golden and cooked through, 1 to 2 minutes per side.
- ☐ Drain on paper towels.
- ☐ Arrange half of the eggplant slices in a single layer on a baking sheet. Put a slice of goat cheese on top of each and then top with the remaining eggplant slices.
- ☐ Bake until the cheese melts, about 10 minutes.

- ☐
- Put the sauce on plates and top with the eggplant.
- ☐
- Wine Recommendation: Here's a good excuse to sample a northern Italian merlot. Fresh, light-bodied, tart, and aromatic, the wine has plum and herb flavors that will be perfect here. Favor one from Friuli over the richer, often barrel-aged, versions from Tuscany.

Nutrition Facts



Properties

Glycemic Index:73.52, Glycemic Load:7.12, Inflammation Score:-9, Nutrition Score:32.486521637958%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 552.97kcal (27.65%), Fat: 28.1g (43.23%), Saturated Fat: 12.88g (80.51%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 38.07g (13.84%), Sugar: 20.25g (22.5%), Cholesterol: 198.26mg (66.09%), Sodium: 1641.19mg (71.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Manganese: 1.3mg (64.96%), Copper: 1.05mg (52.65%), Phosphorus: 484.43mg (48.44%), Fiber: 11.95g (47.8%), Vitamin B2: 0.76mg (44.79%), Calcium: 397.92mg (39.79%), Vitamin B6: 0.76mg (38.25%), Selenium: 26.63µg (38.04%), Vitamin B1: 0.56mg (37.26%), Iron: 6.47mg (35.94%), Potassium: 1247.81mg (35.65%), Folate: 136.65µg (34.16%), Vitamin E: 4.57mg (30.46%), Vitamin B3: 5.9mg (29.48%), Vitamin C: 23.41mg (28.37%), Vitamin A: 1397.04IU (27.94%), Magnesium: 104.62mg (26.16%), Vitamin B5: 2.44mg (24.39%), Vitamin K: 25.36µg (24.16%), Zinc: 2.74mg (18.3%), Vitamin B12: 0.74µg (12.4%), Vitamin D: 1.17µg (7.8%)