



## Eggplant Au Gratin

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

### Ingredients

- 0.5 pound eggplant peeled cut into 1/4-inch slices
- 1 tablespoon olive oil
- 2 tablespoons parmesan shredded
- 0.8 cup part-skim mozzarella cheese shredded
- 0.8 cup pasta sauce

### Equipment

- baking sheet
- oven

wire rack

ramekin

## Directions

Brush both sides of eggplant slices with oil.

Place on an ungreased baking sheet.

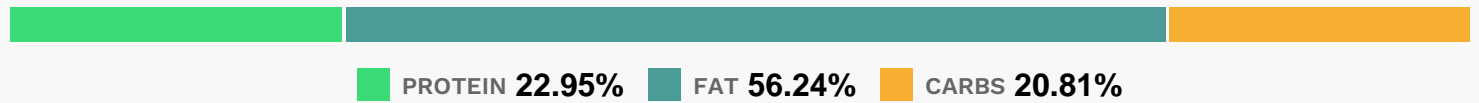
Bake at 400° for 8 minutes. Turn and bake 7–8 minutes longer or until lightly browned and tender. Cool on a wire rack.

Place one eggplant slice in each of two 10-oz. ramekins coated with cooking spray. Top each with 2 tablespoons spaghetti sauce and 2 tablespoons mozzarella cheese. Repeat layers twice.

Sprinkle with Parmesan cheese.

Bake, uncovered, at 350° for 20–25 minutes or until bubbly and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:2.6, Inflammation Score:-6, Nutrition Score:12.603913234628%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 238.56kcal (11.93%), Fat: 15.46g (23.78%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 8.09g (2.94%), Sugar: 7.79g (8.65%), Cholesterol: 30.28mg (10.09%), Sodium: 777.98mg (33.83%), Alcohol: 0g (100%), Protein: 14.19g (28.38%), Calcium: 410.78mg (41.08%), Phosphorus: 281.18mg (28.12%), Fiber: 4.78g (19.12%), Manganese: 0.37mg (18.33%), Vitamin E: 2.74mg (18.27%), Potassium: 572.5mg (16.36%), Vitamin B2: 0.25mg (14.44%), Vitamin A: 664.97IU (13.3%), Selenium: 8.06µg (11.52%), Zinc: 1.68mg (11.2%), Vitamin K: 11.51µg (10.96%), Vitamin B6: 0.22mg (10.96%), Vitamin C: 8.93mg (10.82%), Copper: 0.21mg (10.48%), Magnesium: 41.52mg (10.38%), Folate: 37.35µg (9.34%), Vitamin B3: 1.7mg (8.52%), Iron: 1.32mg (7.31%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.66mg (6.58%), Vitamin B1: 0.08mg (5.05%), Vitamin D: 0.15µg (1.01%)