



 7%
HEALTH SCORE

Eggplant Bake

READY IN



60 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- 1 eggplant sliced into 1/2 inch rounds
- 2 eggs lightly beaten
- 1 cup feta cheese crumbled
- 1 cup seasoned bread crumbs dry italian
- 4 slices muenster cheese
- 1 tablespoon olive oil
- 1 medium onion sliced
- 1 cup parmesan cheese grated
- 8 servings salt to taste

2 tomatoes sliced

Equipment

bowl

frying pan

paper towels

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.

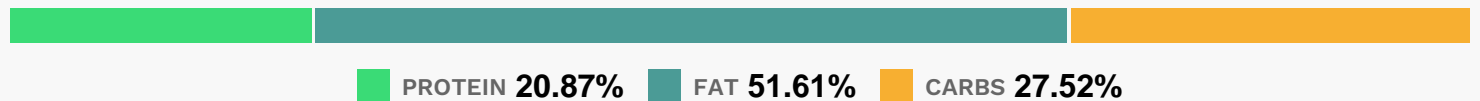
Heat the oil in a skillet over medium heat.

Place eggs and bread crumbs in 2 separate bowls. Dip eggplant slices in eggs, then in bread crumbs to coat. Fry coated eggplant slices in the skillet until golden brown. Season with salt, and drain on paper towels.

In the prepared baking dish, layer eggplant, onion, tomatoes, Parmesan cheese, and feta cheese. Top with strips of Muenster.

Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:12.924782628598%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 267.83kcal (13.39%), Fat: 15.53g (23.89%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 15.58g (5.66%), Sugar: 4.48g (4.98%), Cholesterol: 82.07mg (27.36%), Sodium: 933.5mg (40.59%), Alcohol: Og (100%), Protein: 14.13g (28.25%), Calcium: 348.3mg (34.83%), Phosphorus: 281.39mg (28.14%), Selenium: 16.54µg (23.63%), Vitamin B2: 0.39mg (22.91%), Manganese: 0.35mg (17.69%), Vitamin B1: 0.22mg (14.84%), Vitamin B12: 0.84µg (14.03%), Vitamin A: 686.87IU (13.74%), Zinc: 2mg (13.33%), Folate: 51.27µg (12.82%), Vitamin K: 13.37µg (12.74%), Fiber: 3.06g (12.22%), Vitamin B6: 0.23mg (11.55%), Potassium: 327.33mg (9.35%), Vitamin B3: 1.71mg (8.56%), Vitamin C: 6.89mg (8.36%), Magnesium: 32.72mg (8.18%), Iron: 1.42mg (7.89%), Vitamin B5: 0.72mg (7.16%), Copper: 0.13mg (6.49%), Vitamin E: 0.88mg (5.87%), Vitamin D: 0.44µg (2.94%)