



Eggplant Cannelloni

READY IN



155 min.

SERVINGS



6

CALORIES



1003 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 0.3 cup celery diced
- ☐ 2 medium eggplants cut into 1/4-inch planks
- ☐ 1 cup eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup basil leaves fresh roughly chopped
- ☐ 12 basil leaves fresh
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 clove garlic minced peeled thinly sliced

- ☐ 0.8 cup goat cheese divided
- ☐ 1 quart sauce red
- ☐ 1 cup milk
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup oregano dried
- ☐ 1 cup parmesan shredded
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups tomatoes diced
- ☐ 4 cups vegetable oil
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.3 onion diced yellow

Equipment

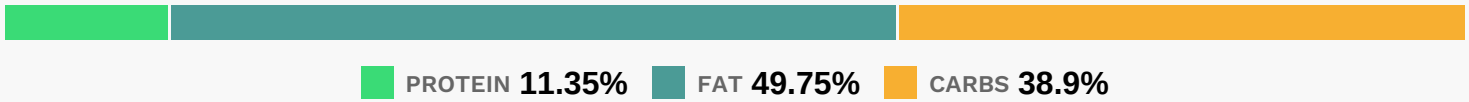
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the sliced eggplant in a shallow pan with the buttermilk and marinate for 20 minutes.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat the oil in a large saucepan over medium-high heat to 350 degrees F.
- ☐ Beat the eggs and milk together to make an egg wash. Once the oil is to temperature, dredge the eggplant in the flour, tap off any excess, and then coat with the prepared egg wash. Slip gently into the oil and fry until golden brown, about 2 minutes. Flip and continue to cook the other side until golden brown, 2 to 3 minutes. After frying, remove to paper towels to drain. Repeat the process until all the eggplant has been fried.

- ☐ Lay the eggplant flat and apply about 1 tablespoon goat cheese to the bottom short edge of the eggplant. Top the goat cheese with 1 basil leaf and roll the eggplant from bottom to top, ensuring the goat cheese and basil stays in the middle of the roll.
- ☐ Place the rolls in a baking dish.
- ☐ Top the rolls with Marinara Sauce, sprinkle with Parmesan, and bake until the cheese has melted, about 10 minutes.
- ☐ In a saucepan over medium-high heat, add the oil and heat to the verge of smoking.
- ☐ Add the onions and celery and cook until the onions are translucent. Deglaze the pan with the wine, stir and scrape up any bits, and then add the red sauce and garlic. Reduce the heat and simmer for 20 minutes.
- ☐ Add the Worcestershire sauce, thyme, oregano, basil, and tomatoes. Season with salt and pepper. Reduce the heat and simmer 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:94.17, Glycemic Load:27.27, Inflammation Score:-10, Nutrition Score:31.856956564862%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 131.02mg, Delphinidin: 131.02mg, Delphinidin: 131.02mg, Delphinidin: 131.02mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1002.95kcal (50.15%), Fat: 55.25g (85%), Saturated Fat: 15.99g (99.95%), Carbohydrates: 97.2g (32.4%), Net Carbohydrates: 89.52g (32.55%), Sugar: 50.14g (55.72%), Cholesterol: 188.73mg (62.91%), Sodium: 2445.44mg (106.32%), Alcohol: 1.06g (100%), Alcohol %: 0.17% (100%), Protein: 28.37g (56.74%), Vitamin K: 89.71µg (85.44%), Selenium: 35.53µg (50.76%), Vitamin B2: 0.85mg (49.73%), Phosphorus: 483.73mg (48.37%), Calcium: 477.32mg (47.73%), Manganese: 0.95mg (47.4%), Folate: 154.51µg (38.63%), Vitamin B1: 0.52mg (34.57%), Vitamin E: 5.12mg (34.14%), Vitamin A: 1549.09IU (30.98%), Fiber: 7.69g (30.75%), Iron: 5.21mg (28.93%), Copper: 0.52mg (25.86%), Potassium: 845.96mg (24.17%), Vitamin B6: 0.45mg (22.37%), Vitamin B3: 4.26mg (21.31%), Vitamin B5: 2.06mg (20.56%), Vitamin B12: 1.2µg (20.03%), Magnesium: 78.45mg (19.61%), Vitamin C: 15.02mg (18.21%), Vitamin D: 2.49µg (16.63%), Zinc: 2.48mg (16.53%)