



Eggplant -- Easy, Good and Tasty

READY IN



35 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 cup breadcrumbs dry
- 1 eggs
- 0.3 large eggplant
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 0.3 cup salad dressing italian-style
- 1 tomatoes chopped
- 1 tablespoon water

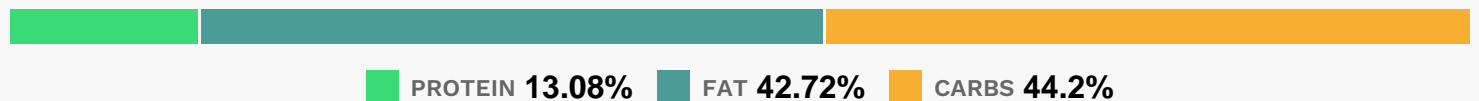
Equipment

- bowl
- baking sheet
- oven
- pizza pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet or pizza pan with olive oil.
- Slice the eggplant into 8 round slices, each 1/4 to 1/2 inch thick. Trim the skin, maintaining the round shape of the slices. In a small bowl, whip together the egg and water.
- Place the breadcrumbs in a separate small bowl.
- Dip the eggplant slices one at a time into the egg and water mixture, then into the breadcrumbs. One by one, place the coated slices in a single layer on the prepared baking sheet or pizza pan. Top the slices with equal amounts of tomato, Parmesan cheese and Italian-style salad dressing.
- Bake in the preheated oven approximately 15 minutes. Change oven setting to broil, and continue cooking 3 to 5 minutes. Check the slices frequently while broiling to avoid burning.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:4.7421738816344%

Flavonoids

Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 114.98kcal (5.75%), Fat: 5.48g (8.43%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 11.39g (4.14%), Sugar: 2.73g (3.03%), Cholesterol: 23.18mg (7.73%), Sodium: 235.52mg (10.24%), Alcohol: Og (100%), Protein: 3.77g (7.55%), Vitamin B1: 0.15mg (9.88%), Manganese: 0.19mg (9.62%), Selenium: 6.39µg (9.13%), Vitamin K: 8.01µg (7.63%), Phosphorus: 62.35mg (6.23%), Calcium: 59.69mg (5.97%), Folate: 23.72µg (5.93%), Vitamin B2: 0.1mg (5.9%), Vitamin B3: 1.13mg (5.63%), Fiber: 1.36g (5.46%), Iron: 0.88mg (4.87%), Vitamin E: 0.64mg (4.25%), Vitamin A: 191.84IU (3.84%), Potassium: 126.13mg (3.6%), Copper: 0.07mg (3.29%), Vitamin C: 2.56mg (3.1%), Zinc: 0.46mg (3.09%), Magnesium: 12.31mg (3.08%), Vitamin B6: 0.06mg (3.06%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.14µg (2.31%)