



Eggplant Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 extra large eggs
- ☐ 0.8 pound eggplant unpeeled sliced
- ☐ 0.3 cup half-and-half
- ☐ 2 servings kosher salt
- ☐ 0.5 cup bottled marinara sauce good
- ☐ 2 servings olive oil for frying good
- ☐ 0.5 cup parmesan freshly grated

☐ 0.3 cup ricotta cheese

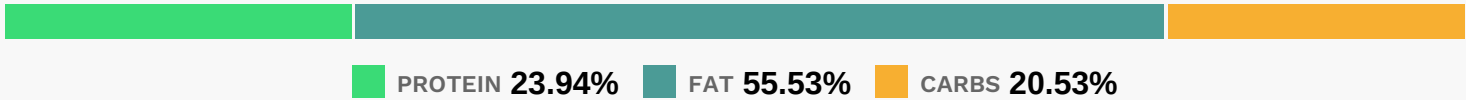
Equipment

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

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat about 1/8-inch of olive oil in a very large frying pan over medium heat. When the oil is almost smoking, add several slices of eggplant and cook, turning once, until they are evenly browned on both sides and cooked through, about 5 minutes. Be careful, it splatters!
- ☐ Transfer the cooked eggplant slices to paper towels to drain.
- ☐ Add more oil, heat, and add more eggplant until all the slices are cooked.
- ☐ Meanwhile, in a small bowl, mix together the ricotta, egg, half-and-half, 1/4 cup of the Parmesan, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ In each of 2 individual gratin dishes, place a layer of eggplant slices, then sprinkle with Parmesan, salt and pepper and spoon 1/2 of the marinara sauce. Next, add a second layer of eggplant, more salt and pepper, half the ricotta mixture, and finally 1 tablespoon of grated Parmesan on top.
- ☐ Place the gratins on a baking sheet and bake for 25 to 30 minutes or until the custard sets and the top is browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:16.686521654544%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 313.83kcal (15.69%), Fat: 19.92g (30.64%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 10.52g (3.83%), Sugar: 9.82g (10.91%), Cholesterol: 147.56mg (49.19%), Sodium: 972.35mg (42.28%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 19.32g (38.63%), Calcium: 432.69mg (43.27%), Phosphorus: 364.18mg (36.42%), Selenium: 20.57µg (29.38%), Vitamin B2: 0.43mg (25.47%), Manganese: 0.49mg (24.42%), Fiber: 6.05g (24.19%), Potassium: 706.95mg (20.2%), Vitamin A: 896.37IU (17.93%), Folate: 62.49µg (15.62%), Vitamin B6: 0.3mg (15.1%), Vitamin E: 2.26mg (15.04%), Vitamin B5: 1.36mg (13.65%), Magnesium: 53.97mg (13.49%), Zinc: 1.93mg (12.9%), Copper: 0.25mg (12.35%), Vitamin B12: 0.71µg (11.87%), Vitamin K: 10.76µg (10.25%), Iron: 1.83mg (10.19%), Vitamin C: 8.3mg (10.06%), Vitamin B3: 1.87mg (9.33%), Vitamin B1: 0.12mg (7.68%), Vitamin D: 0.75µg (4.98%)