



Eggplant Involtini

READY IN



93 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 3 inch lengthwise eggplant (2 medium)
- ☐ 1 ounce bread whole-wheat french toasted
- ☐ 0.8 cup basil leaves fresh divided chopped
- ☐ 4 garlic cloves divided crushed
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.5 cup parmigiano-reggiano cheese divided grated
- ☐ 8 ounces part-skim ricotta cheese
- ☐ 2 tablespoons pinenuts lightly toasted
- ☐ 2 pounds tomatoes seeded coarsely chopped (3 large)

Equipment

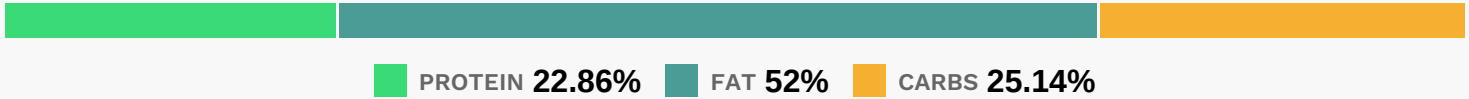
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Combine oil and tomatoes in a medium saucepan; stir in 1/4 teaspoon salt and 2 garlic cloves. Bring to a boil over medium-high heat; reduce heat, and simmer 15 minutes or until reduced to 2 cups. Cool 10 minutes.
- ☐ Place mixture in a food processor; process until smooth. Set aside.
- ☐ Preheat broiler to high.
- ☐ Sprinkle eggplant slices evenly with 1/4 teaspoon salt and pepper; arrange slices in a single layer on a foil-lined baking sheet. Lightly coat eggplant with cooking spray. Broil 4 minutes on each side or until lightly browned. Cool 10 minutes.
- ☐ Preheat oven to 37
- ☐ Place remaining 2 garlic cloves in a mini food processor; pulse until chopped.
- ☐ Add nuts and bread; pulse 10 times or until coarse crumbs form.
- ☐ Add ricotta, rind, and egg; process until smooth. Stir in 1/2 cup basil and 1/4 cup Parmigiano-Reggiano.
- ☐ Spread 1 1/2 cups tomato sauce over the bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray.

- ☐ Spread 2 tablespoons ricotta mixture onto each eggplant slice; roll up jelly-roll fashion.
- ☐ Place rolls, seam sides down, over sauce in dish. Spoon remaining sauce over rolls.
- ☐ Sprinkle with remaining 1/4 cup Parmigiano-Reggiano.
- ☐ Bake at 375 for 25 minutes or until bubbly.
- ☐ Sprinkle with remaining basil.

Nutrition Facts



Properties

Glycemic Index:76.88, Glycemic Load:5.61, Inflammation Score:-9, Nutrition Score:19.890434762706%

Flavonoids

Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 276.34kcal (13.82%), Fat: 16.5g (25.39%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 14.61g (5.31%), Sugar: 6.93g (7.7%), Cholesterol: 72.58mg (24.19%), Sodium: 634.52mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin A: 2512.53IU (50.25%), Manganese: 0.87mg (43.52%), Vitamin C: 33.54mg (40.66%), Vitamin K: 42.41µg (40.39%), Calcium: 351.39mg (35.14%), Phosphorus: 313.71mg (31.37%), Selenium: 18.64µg (26.62%), Potassium: 707.5mg (20.21%), Vitamin B2: 0.3mg (17.43%), Vitamin E: 2.46mg (16.37%), Folate: 62.21µg (15.55%), Magnesium: 59.46mg (14.87%), Vitamin B6: 0.28mg (14.23%), Zinc: 2.12mg (14.16%), Copper: 0.27mg (13.65%), Fiber: 3.34g (13.36%), Vitamin B1: 0.18mg (12.19%), Iron: 1.97mg (10.96%), Vitamin B3: 2.07mg (10.37%), Vitamin B12: 0.43µg (7.09%), Vitamin B5: 0.66mg (6.63%), Vitamin D: 0.37µg (2.46%)