



Eggplant Italian Style

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- 1 large eggplant
- 3 large eggs lightly beaten
- 1.5 cups italian-seasoned breadcrumbs
- 6 servings olive oil
- 0.3 cup romano cheese grated

Equipment

- frying pan
- paper towels

Directions

- Cut eggplant crosswise into 1/8-inch-thick slices.
- Dip eggplant slices in egg, and dredge in breadcrumbs.
- Pour oil to a depth of 1/8 inch in a heavy skillet. Fry eggplant in hot oil, in batches, 1 to 2 minutes on each side or until golden.
- Drain on paper towels, and keep warm.
- Arrange eggplant on a serving dish; sprinkle evenly with cheese, and serve immediately.

Nutrition Facts

PROTEIN 12.1% **FAT 55.47%** **CARBS 32.43%**

Properties

Glycemic Index:9.5, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:11.824347796647%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.62kcal (15.48%), Fat: 19.28g (29.66%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 21.61g (7.86%), Sugar: 4.54g (5.04%), Cholesterol: 97.63mg (32.54%), Sodium: 488.11mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Manganese: 0.48mg (24.01%), Vitamin K: 25.07µg (23.87%), Selenium: 15.92µg (22.74%), Vitamin B1: 0.33mg (21.97%), Vitamin E: 2.6mg (17.3%), Vitamin B2: 0.28mg (16.61%), Folate: 64.54µg (16.13%), Phosphorus: 152.59mg (15.26%), Fiber: 3.76g (15.04%), Iron: 2.2mg (12.22%), Calcium: 119.94mg (11.99%), Vitamin B3: 2.37mg (11.83%), Potassium: 282.33mg (8.07%), Vitamin B6: 0.16mg (8.07%), Vitamin B5: 0.8mg (8.02%), Copper: 0.15mg (7.71%), Magnesium: 29.19mg (7.3%), Zinc: 0.98mg (6.54%), Vitamin B12: 0.37µg (6.24%), Vitamin A: 227.75IU (4.55%), Vitamin D: 0.52µg (3.47%), Vitamin C: 2.49mg (3.02%)