



Eggplant Lasagna

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 3 carrots diced peeled
- 6 servings coarse salt and pepper black freshly ground
- 1 cup cremini mushrooms thinly sliced
- 2 large eggplants sliced lengthwise (8 slices)
- 3 large eggs
- 0.3 cup olive oil extra virgin divided
- 1 cup basil leaves fresh

- 5 cloves garlic
- 2 garlic cloves minced
- 5 tablespoons olive oil divided plus more for baking dish
- 1 large onion diced
- 2 tablespoons freshly picked oregano leaves
- 2 tablespoons freshly oregano leaves chopped
- 1 cup parmesan divided grated
- 15 ounce milk ricotta cheese whole
- 1 tablespoon freshly thyme leaves chopped
- 2 tablespoons tomato paste

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F.
- Arrange sliced eggplant in a single layer on 2 sheet pans.
- Brush on both sides using 3 tablespoons of oil and season with salt and pepper. Roast the eggplant until it is soft and golden. Turn slices halfway through, about 25 minutes.
- Meanwhile, in a medium skillet add the remaining 2 tablespoons of oil and the sliced mushrooms.
- Saute until soft for about 7 minutes.

- Add the minced garlic and chopped thyme. Cook for another 2 minutes. Once the mushrooms are cooked remove and set aside to cool.
- In a large bowl add the ricotta, eggs, 1/2 cup Parmesan, oregano, mushrooms, 2 teaspoons of salt and 1/4 teaspoon pepper.
- Mix well.
- Brush an 8-inch baking dish with oil.
- Spread half of the marinara sauce on the bottom of the prepared baking dish.
- Lay 4 slices on top followed by the ricotta mixture.
- Lay another 4 slices of eggplant and finish with marinara sauce. Top with the remaining 1/2 cup Parmesan.
- Bake until golden brown, at 350 degrees, for 30 minutes.
- Preheat the oven to 400 degrees F.
- Peel 5 cloves garlic and place them in a square of foil.
- Sprinkle the cloves with salt and pepper and drizzle with 2 tablespoons olive oil. Wrap up the foil and place it directly on the oven rack. (Be sure that the foil packet is secure so no oil will leak out.) Roast the garlic until it's brown and tender, about 25 minutes. Allow to cool enough to touch and squeeze the garlic from the skins. Set aside.
- Saute onions and carrots with the oil in a medium saucepan.
- Add tomato paste and stir well. This will cook off the tomato paste and give a nice orangy color. Cook for about 10 minutes. When vegetables are softened add the roasted garlic, salt, pepper, basil, oregano and stir together until incorporated.
- Pour in the tomatoes. Fill the empty can with water and add it to the pan. Bring to a boil then lower the heat to a simmer. Simmer for 1 hour, uncovered. Stir occasionally. Once sauce is ready carefully pour it into the food processor and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:76.31, Glycemic Load:7.06, Inflammation Score:-10, Nutrition Score:32.516956246418%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 533.52kcal (26.68%), Fat: 37.54g (57.75%), Saturated Fat: 12.44g (77.77%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 21.78g (7.92%), Sugar: 15.17g (16.86%), Cholesterol: 140.48mg (46.83%), Sodium: 606.75mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.13%), Vitamin A: 6401.26IU (128.03%), Vitamin K: 68.21µg (64.97%), Manganese: 1.02mg (51.17%), Calcium: 508.68mg (50.87%), Vitamin E: 6.55mg (43.64%), Fiber: 10.41g (41.62%), Phosphorus: 406.8mg (40.68%), Selenium: 27.18µg (38.82%), Potassium: 1179.91mg (33.71%), Vitamin B2: 0.55mg (32.63%), Vitamin B6: 0.6mg (30.02%), Vitamin C: 24.1mg (29.22%), Copper: 0.56mg (28.08%), Iron: 5.01mg (27.82%), Folate: 97.66µg (24.41%), Magnesium: 89.92mg (22.48%), Vitamin B3: 3.93mg (19.66%), Zinc: 2.67mg (17.8%), Vitamin B5: 1.77mg (17.74%), Vitamin B1: 0.25mg (16.38%), Vitamin B12: 0.68µg (11.26%), Vitamin D: 0.74µg (4.91%)