

Eggplant Lasagna

 Popular

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggplants peeled sliced into 1/2-inch rounds
- ☐ 2 eggs
- ☐ 1 pound ground beef
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 2 cups mozzarella cheese shredded

- ☐ 48 ounces chunky tomato sauce
- ☐ 2 tablespoons water

Equipment

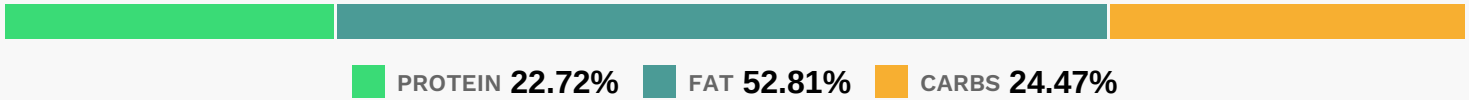
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Oil two baking sheets with 1 teaspoon olive oil.
- ☐ Whisk eggs and water together in a shallow dish.
- ☐ Combine Parmesan cheese, bread crumbs, salt, and ground black pepper in a separate shallow dish.
- ☐ Dip eggplant slices in egg mixture.
- ☐ Press slices into the crumbs and tap off excess. Arrange slices on the prepared baking sheets.
- ☐ Bake eggplant slices in the preheated oven until tops are golden brown, 20 to 25 minutes. Flip eggplant and bake an additional 20 to 25 minutes.
- ☐ Remove eggplant from the oven and increase temperature to 400 degrees F (200 degrees C).
- ☐ Heat 2 tablespoons olive oil in a skillet over medium-high heat and stir in ground beef. Season beef with salt and ground black pepper.
- ☐ Cook and stir until beef is crumbly, evenly browned, and no longer pink, about 10 minutes.
- ☐ Drain excess grease.
- ☐ Stir tomato sauce into ground beef; bring to a simmer and set sauce aside.
- ☐ Oil a 9x13 baking dish with olive oil.
- ☐ Place 1/3 of the eggplant slices on bottom of the dish.
- ☐ Pour 1/3 of tomato sauce with ground beef on top of eggplant layer.

- ☐
- Sprinkle 1/3 of mozzarella cheese on top of sauce layer.
- ☐
- Repeat 2 more times, finishing with a layer of mozzarella cheese.
- ☐
- Bake uncovered in the preheated oven until cheese is melted and sauce is bubbling, 10 to 15 minutes.
- ☐
- Remove from oven and allow to cool for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:23.667391227639%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 454.46kcal (22.72%), Fat: 27.19g (41.82%), Saturated Fat: 11.12g (69.48%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 21.6g (7.85%), Sugar: 11.3g (12.55%), Cholesterol: 114.32mg (38.11%), Sodium: 1457.15mg (63.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.64%), Phosphorus: 389.85mg (38.98%), Selenium: 26.09µg (37.27%), Vitamin B12: 2.17µg (36.18%), Calcium: 330.27mg (33.03%), Manganese: 0.64mg (31.79%), Zinc: 4.64mg (30.96%), Potassium: 1015.96mg (29.03%), Vitamin B3: 5.8mg (28.99%), Vitamin B2: 0.47mg (27.76%), Fiber: 6.75g (26.99%), Vitamin B6: 0.51mg (25.56%), Vitamin E: 3.8mg (25.35%), Vitamin A: 1149.16IU (22.98%), Iron: 4.14mg (22.98%), Vitamin K: 19.85µg (18.91%), Copper: 0.38mg (18.87%), Vitamin B1: 0.27mg (18.02%), Vitamin C: 14.83mg (17.98%), Folate: 70.21µg (17.55%), Magnesium: 69.59mg (17.4%), Vitamin B5: 1.48mg (14.76%), Vitamin D: 0.45µg (3.01%)