



Eggplant Lasagna

READY IN



45 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon rosemary dried
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 large egg white
- ☐ 0.8 pound eggplant
- ☐ 1 garlic clove minced
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 3 oven-ready lasagna noodles (such as Barilla)

- ☐ 1 cup no-salt-added tomatoes diced undrained
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan cheese fresh shredded
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.5 teaspoon vegetable oil
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 teaspoons water

Equipment

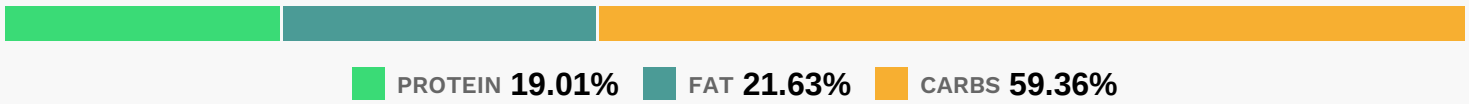
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ To prepare sauce, heat 1/2 teaspoon vegetable oil in a small saucepan over medium-high heat.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add wine; cook 1 minute.
- ☐ Add tomatoes and the next 5 ingredients (tomatoes through tomato sauce). Reduce heat, and simmer 20 minutes.

- ☐ Preheat oven to 45
- ☐ To prepare eggplant, arrange the slices in a single layer on paper towels.
- ☐ Sprinkle 1/8 teaspoon salt on both sides of eggplant.
- ☐ Let stand 15 minutes, and pat dry.
- ☐ Combine water, 1 teaspoon oil, and egg white in a shallow bowl, stirring with a whisk.
- ☐ Place the breadcrumbs in another shallow bowl. Dip eggplant in egg white mixture, and dredge in breadcrumbs.
- ☐ Place breaded slices on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 24 minutes or until eggplant is golden and crisp, turning after 12 minutes. Cool on a wire rack.
- ☐ Combine cheeses and 1/8 teaspoon pepper. Spoon 1/4 cup sauce into bottom of an 8 x 4-inch loaf pan.
- ☐ Place one noodle over sauce. Arrange a single layer of eggplant slices over noodle; top with 1/4 cup sauce and about 3 tablespoons cheese mixture. Repeat the layers twice, ending with cheese. Cover and bake at 450 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:151.5, Glycemic Load:17.05, Inflammation Score:-9, Nutrition Score:27.712173648503%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 148.26mg, Delphinidin: 148.26mg, Delphinidin: 148.26mg, Delphinidin: 148.26mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 521.12kcal (26.06%), Fat: 11.8g (18.15%), Saturated Fat: 4.74g (29.66%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 61.77g (22.46%), Sugar: 17.36g (19.29%), Cholesterol: 21.74mg (7.25%), Sodium: 1272.43mg

(55.32%), Alcohol: 6.3g (100%), Alcohol %: 1.28% (100%), Protein: 23.33g (46.65%), Manganese: 1.29mg (64.7%), Selenium: 41.72µg (59.61%), Fiber: 11.1g (44.39%), Calcium: 409.6mg (40.96%), Phosphorus: 391.68mg (39.17%), Potassium: 1213.76mg (34.68%), Vitamin C: 26.84mg (32.54%), Vitamin B2: 0.5mg (29.34%), Vitamin B6: 0.57mg (28.68%), Vitamin K: 30.06µg (28.63%), Copper: 0.56mg (27.83%), Vitamin B1: 0.41mg (27.14%), Vitamin B3: 5.15mg (25.75%), Magnesium: 100.8mg (25.2%), Folate: 100.01µg (25%), Iron: 4.49mg (24.96%), Vitamin E: 3.4mg (22.66%), Vitamin A: 888.74IU (17.77%), Zinc: 2.58mg (17.23%), Vitamin B5: 1.41mg (14.12%), Vitamin B12: 0.38µg (6.29%)