



Eggplant Matzo Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 large eggplant peeled cut into 1/2-inch slices (1 1/4 pounds)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves crushed
- ☐ 3 slices american matzo
- ☐ 3 cups mushrooms sliced

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 6 tablespoons parmesan cheese divided grated
- ☐ 15 ounce nonfat ricotta cheese
- ☐ 28 ounce tomato purée canned

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add mushrooms and garlic; saut 5 minutes. Stir in parsley, wine, basil, oregano, peppers, and pure. Partially cover, reduce heat to medium-low; simmer 30 minutes.
- ☐ Remove from heat.
- ☐ Arrange the eggplant slices in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 30 minutes, turning the slices over after 15 minutes.
- ☐ Remove from baking sheet, and let cool.
- ☐ Cut the eggplant slices into 1/2-inch pieces, and set aside.
- ☐ Combine 1/4 cup Parmesan cheese and ricotta cheese; stir well, and set aside.
- ☐ Spread 1/2 cup tomato mixture in the bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 1 1/2 slices matzo over tomato mixture, and top matzo with half of ricotta cheese mixture, half of eggplant, and half of tomato mixture. Repeat the layers, ending with the tomato mixture.
- ☐ Sprinkle with remaining 2 tablespoons of Parmesan cheese.
- ☐ Cover and bake at 350 for 45 minutes. Uncover and bake an additional 15 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts

 **PROTEIN 21.76%**  **FAT 47.22%**  **CARBS 31.02%**

Properties

Glycemic Index:37.67, Glycemic Load:4.48, Inflammation Score:-8, Nutrition Score:19.27043471129%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 65.83mg, Delphinidin: 65.83mg, Delphinidin: 65.83mg, Delphinidin: 65.83mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 252.1kcal (12.61%), Fat: 13.67g (21.04%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 14.54g (5.29%), Sugar: 9.72g (10.8%), Cholesterol: 40.5mg (13.5%), Sodium: 328.89mg (14.3%), Alcohol: 1.05g (100%), Alcohol %: 0.38% (100%), Protein: 14.18g (28.35%), Vitamin K: 58.13µg (55.37%), Vitamin B2: 0.46mg (26.81%), Manganese: 0.53mg (26.38%), Calcium: 260.15mg (26.02%), Selenium: 17.95µg (25.65%), Phosphorus: 251.14mg (25.11%), Copper: 0.49mg (24.48%), Potassium: 830.46mg (23.73%), Fiber: 5.67g (22.67%), Vitamin C: 18.66mg (22.62%), Vitamin B3: 4.02mg (20.1%), Vitamin B6: 0.38mg (18.81%), Vitamin A: 903.44IU (18.07%), Vitamin E: 2.46mg (16.39%), Iron: 2.93mg (16.29%), Vitamin B5: 1.5mg (14.96%), Folate: 56.23µg (14.06%), Magnesium: 55.11mg (13.78%), Vitamin B1: 0.19mg (12.44%), Zinc: 1.84mg (12.27%), Vitamin B12: 0.33µg (5.46%), Vitamin D: 0.26µg (1.75%)