



Eggplant, Mermaid Style (Melanzane Alle Sirenuse)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 leaves basil
- ☐ 2 medium eggplants cut into 1/ medallions
- ☐ 3 eggs beaten
- ☐ 1 cup flour
- ☐ 1 pound mozzarella di bufala fresh cut into 1/ slices
- ☐ 2 cups olive oil for frying extra-virgin
- ☐ 0.3 cup parmigiano-reggiano grated

- ☐ 6 servings salt and pepper
- ☐ 2 cups tomatoes fresh with juices chopped

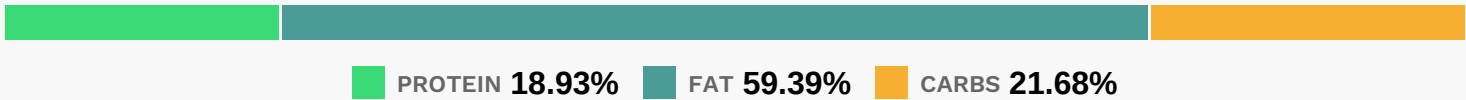
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ ceramic pie form

Directions

- ☐ Preheat the oven to 450 F.
- ☐ Place eggplant slices on a sheet tray and bake for 15 minutes, until light golden brown.
- ☐ Form sandwiches out of the eggplant slices and cheese, placing one slice of cheese between two eggplant slices. Dredge each sandwich in the flour and dip in the egg.
- ☐ Heat the olive oil in a large skillet until almost smoking, and fry the sandwiches until golden brown.
- ☐ Remove to a plate lined with paper towels.
- ☐ Arrange sandwiches in a ceramic pie pan and distribute the basil leaves evenly over the sandwiches. Season the tomatoes with salt and pepper to taste, and spoon them over the sandwiches.
- ☐ Sprinkle each sandwich with Parmigiano-Reggiano and bake for 17 to 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:13.82, Inflammation Score:-8, Nutrition Score:20.861739075702%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 525.06kcal (26.25%), Fat: 35.05g (53.92%), Saturated Fat: 13.4g (83.76%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 23.03g (8.37%), Sugar: 7.65g (8.5%), Cholesterol: 144.4mg (48.13%), Sodium: 772.07mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Calcium: 467.29mg (46.73%), Phosphorus: 411.72mg (41.17%), Selenium: 28.07µg (40.1%), Vitamin B12: 1.97µg (32.82%), Manganese: 0.59mg (29.73%), Vitamin B2: 0.5mg (29.29%), Folate: 95.77µg (23.94%), Vitamin A: 1163.98IU (23.28%), Fiber: 5.75g (23.02%), Vitamin K: 24.02µg (22.88%), Vitamin E: 3.2mg (21.36%), Zinc: 3.09mg (20.59%), Vitamin B1: 0.27mg (18.33%), Potassium: 584.39mg (16.7%), Vitamin B3: 2.63mg (13.16%), Magnesium: 51.66mg (12.91%), Iron: 2.32mg (12.88%), Vitamin C: 10.34mg (12.54%), Vitamin B6: 0.25mg (12.39%), Copper: 0.21mg (10.62%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 0.76µg (5.09%)