



 **17%**  
HEALTH SCORE

## Eggplant Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large eggplant
- 3 eggs beaten
- 1 cup breadcrumbs dried
- 0.8 cup olive oil
- 0.5 cup parmesan cheese grated
- 0.5 pound mozzarella cheese sliced
- 24 oz tomato sauce canned
- 1 clove garlic crushed
- 2 medium onion yellow chopped

0.5 teaspoon oregano

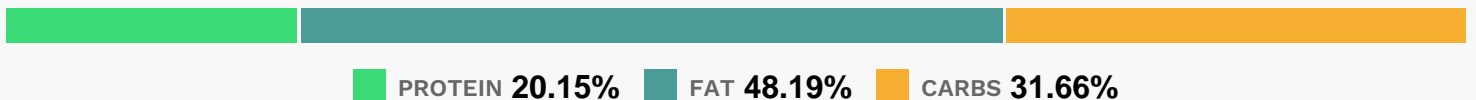
## Equipment

oven

## Directions

- Preheat oven to 350 degrees.
- Slice eggplant into 1/4 inch thick rounds and salt for 30 minutes to remove water.
- Saute onions and garlic in a tablespoon of oil.
- Add tomatoes and oregano, simmer until sauce thickens slightly.
- Dip each eggplant slice first into eggs, then into crumbs.
- Saute in hot olive oil until golden brown on both sides.
- Place a layer of browned slices in 2 quart casserole; sprinkle with some of Parmesan, oregano and mozzarella; then cover well with some of tomato sauce.
- Repeat until all eggplant is used, topping last layer of sauce with several slices of mozzarella.
- Bake until the sauce bubbles and the cheese is melted and browned, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:27.299130434783%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

## Taste

Sweetness: 42.98%, Saltiness: 84.57%, Sourness: 14.62%, Bitterness: 22.7%, Savoriness: 34.63%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 541.39kcal (27.07%), Fat: 29.63g (45.58%), Saturated Fat: 12.01g (75.04%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 35.53g (12.92%), Sugar: 14.84g (16.48%), Cholesterol: 178.43mg (59.48%), Sodium: 1629.86mg (70.86%), Protein: 27.87g (55.74%), Calcium: 516.92mg (51.69%), Phosphorus: 480.73mg (48.07%), Selenium: 32.71µg (46.72%), Manganese: 0.83mg (41.43%), Vitamin B2: 0.63mg (37.24%), Fiber: 8.26g (33.03%), Vitamin B12: 1.85µg (30.83%), Vitamin E: 4.56mg (30.37%), Potassium: 1018.48mg (29.1%), Vitamin A: 1437.89IU (28.76%), Vitamin B1: 0.41mg (27.16%), Folate: 100.68µg (25.17%), Zinc: 3.68mg (24.54%), Iron: 4.35mg (24.16%), Vitamin B6: 0.46mg (23.03%), Vitamin C: 18.74mg (22.71%), Vitamin B3: 4.39mg (21.97%), Copper: 0.42mg (20.87%), Magnesium: 79.19mg (19.8%), Vitamin K: 18.83µg (17.93%), Vitamin B5: 1.7mg (16.97%), Vitamin D: 0.95µg (6.33%)