

food  
network

 79%  
HEALTH SCORE

## Eggplant Parmesan

 Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



1531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings pepper black freshly ground
- 5 cups breadcrumbs fresh
- 7 cups canned tomatoes whole canned peeled roughly chopped ( two 28-ounce can)
- 1 tablespoon thyme leaves dried
- 2.3 pounds eggplant cut into 1/2-inch-thick round slices
- 6 large eggs beaten
- 4 servings flour all-purpose for dredging
- 2 sprigs basil fresh

- 1 pound mozzarella cheese fresh thinly sliced
- 2 sprigs thyme leaves fresh
- 5 cloves garlic chopped
- 1 tablespoon kosher salt
- 1 tablespoon kosher salt as needed
- 3 tablespoons olive oil extra-virgin
- 4 servings olive oil as needed
- 1 tablespoon oregano dried
- 0.7 cup parmesan divided grated
- 4 servings vegetable oil for frying
- 2 tablespoons milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- baking pan
- kitchen thermometer
- tongs
- colander

## Directions

- Arrange the eggplant slices on several baking sheets and sprinkle generously all over with kosher salt. Set aside to let the bitter juices weep from the eggplant, about 1 hour.
- Transfer the eggplant to a colander in the sink, and rinse well under cold running water.

- Transfer eggplant to a work surface and blot very dry with paper towels.
- In a large bowl, whisk together the 1 1/2 teaspoons salt, breadcrumbs, oregano, thyme, and season with pepper.
- Place the flour in a medium lipped plate or bowl. In another medium bowl, whisk the egg and milk together. Dredge an eggplant slice in the flour, then dip it in the egg, and finally dredge it in the breadcrumb mixture. Shake off any excess breading and transfer the eggplant to a baking sheet. Repeat with the remaining eggplant.
- In a large straight-sided skillet, pour the oil to a depth of 1/2 inch.
- Heat the oil over medium heat until it registers 400 degrees F on a deep frying thermometer. (The oil must be heated to 400 degrees F. so that the breaded eggplant, when added, will drop the temperature of the oil to the proper frying temperature of 375 degrees F.)
- Working in small batches, fry the eggplant slices, turning once, until golden brown, about 3 minutes per batch. Using tongs, transfer to a paper towel-lined baking sheet and season with salt to taste. Repeat with the remaining eggplant.
- Preheat the oven to 400 degrees F. Lightly brush a 15 x 10- x 2-inch-baking dish with olive oil. Cover the bottom of the baking dish with 1/3 of the marinara sauce and arrange half of the eggplant over the sauce. Cover the eggplant with another 1/3 of the sauce. Scatter half of the Parmesan and half of the mozzarella over the sauced eggplant. Repeat with the remaining eggplant, sauce, Parmesan, and mozzarella.
- Bake until hot and just beginning to brown, about 30 minutes.
- Serve immediately.
- Heat the oil in a medium saucepan over medium-high heat.
- Saute the onion and garlic, stirring, until lightly browned, about 3 minutes.
- Add the tomatoes and the herb sprigs and bring to a boil. Lower the heat and simmer, covered, for 10 minutes.
- Remove and discard the herb sprigs. Stir in the salt and season with pepper to taste. Use immediately, store covered in the refrigerator for up to 3 days, or freeze for up to 2 months.

## Nutrition Facts

**PROTEIN 17.82%** **FAT 42.3%** **CARBS 39.88%**

## Properties

Glycemic Index:104.25, Glycemic Load:16.38, Inflammation Score:-10, Nutrition Score:71.920869702878%

## Flavonoids

Delphinidin: 218.63mg, Delphinidin: 218.63mg, Delphinidin: 218.63mg, Delphinidin: 218.63mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 1531.11kcal (76.56%), Fat: 73.36g (112.86%), Saturated Fat: 25.89g (161.81%), Carbohydrates: 155.64g (51.88%), Net Carbohydrates: 132.57g (48.21%), Sugar: 38.08g (42.31%), Cholesterol: 380.82mg (126.94%), Sodium: 6130.14mg (266.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.55g (139.1%), Manganese: 2.96mg (148.15%), Calcium: 1288.64mg (128.86%), Vitamin B1: 1.87mg (124.78%), Selenium: 86.72µg (123.88%), Phosphorus: 1111.62mg (111.16%), Vitamin B2: 1.64mg (96.65%), Iron: 16.96mg (94.25%), Fiber: 23.07g (92.28%), Vitamin K: 92.64µg (88.23%), Vitamin B3: 16.61mg (83.05%), Folate: 320.45µg (80.11%), Vitamin E: 11.29mg (75.25%), Copper: 1.45mg (72.35%), Potassium: 2361.25mg (67.46%), Vitamin B12: 3.97µg (66.1%), Vitamin B6: 1.27mg (63.7%), Vitamin C: 47.25mg (57.28%), Magnesium: 228.25mg (57.06%), Zinc: 8.5mg (56.64%), Vitamin A: 2419.75IU (48.39%), Vitamin B5: 4.12mg (41.25%), Vitamin D: 2.12µg (14.13%)