



Eggplant Parmesan

READY IN



20 min.

SERVINGS



6

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium eggplant peeled cut into 1/4-inch slices (1 1/2 pounds)
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.3 cup parmesan shredded finely
- ☐ 0.3 cup breadcrumbs dry (any flavor)
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup pasta sauce
- ☐ 6 ounces mozzarella cheese shredded reduced-fat

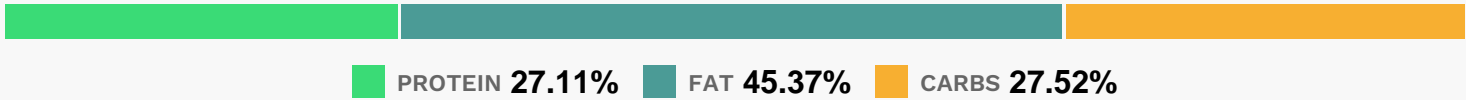
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Generously spray both sides of each eggplant slice with cooking spray.
- ☐ Place on rack in broiler pan. Broil with tops 4 to 5 inches from heat about 10 minutes, turning once, until tender.
- ☐ While eggplant is broiling, mix Parmesan cheese and bread crumbs; toss with oil.
- ☐ Heat spaghetti sauce in 1-quart saucepan over medium heat about 2 minutes, stirring occasionally, until heated through.
- ☐ Remove from heat; cover to keep warm.
- ☐ Sprinkle 1 cup of the mozzarella cheese over eggplant slices. Spoon bread crumb mixture over cheese. Broil about 1 minute or until cheese is melted and crumbs are brown. Top eggplant with spaghetti sauce and remaining 1/2 cup mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:8.5369565175927%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 153.84kcal (7.69%), Fat: 7.96g (12.25%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 7.76g (2.82%), Sugar: 4.79g (5.32%), Cholesterol: 21.92mg (7.31%), Sodium: 492.51mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.41%), Calcium: 308.29mg (30.83%), Phosphorus: 206.58mg (20.66%), Manganese: 0.27mg (13.3%), Fiber: 3.11g (12.42%), Vitamin B2: 0.18mg (10.43%), Selenium: 6.94µg (9.91%), Potassium: 333.82mg (9.54%), Zinc: 1.21mg (8.08%), Vitamin A: 374.12IU (7.48%), Vitamin K: 7.42µg (7.07%), Folate: 28.22µg (7.06%), Magnesium: 27.71mg (6.93%), Vitamin B6: 0.13mg (6.72%), Vitamin E: 1mg

(6.63%), Copper: 0.13mg (6.46%), Vitamin B3: 1.24mg (6.22%), Vitamin B1: 0.09mg (6.02%), Vitamin C: 4.54mg (5.5%), Vitamin B12: 0.31µg (5.25%), Iron: 0.89mg (4.96%), Vitamin B5: 0.41mg (4.13%)