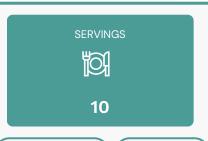


Eggplant Parmesan







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.5 cup basil fresh
0.5 cup basil fresh
0.5 teaspoon pepper red crushed
1 large eggs lightly beaten
2 pound eggplant peeled
2 large eggs lightly beaten
3 ounces fontina finely grated

1.5 teaspoons garlic minced

8 ounces mozzarella cheese thinly sliced

	2 cups panko bread crumbs whole-wheat (Japanese breadcrumbs)	
	1 ounce parmesan fresh grated	
	16 ounce part-skim ricotta	
	24 ounce pasta sauce	
	0.3 teaspoon salt	
	1 tablespoon water	
Equipment		
	baking sheet	
	oven	
	aluminum foil	
	glass baking pan	
Directions		
Ц	Preheat oven to 37	
	To make eggplant, combine 2 eggs and 1 tablespoon water in a shallow dish.	
	Combine panko and 1/4 cup Parmigiano-Reggiano in a second shallow dish. Dip eggplant in egg mixture; dredge in panko mixture, pressing gently to adhere and shaking off excess.	
	Place eggplant 1 inch apart on baking sheets coated with cooking spray.	
	Bake at 375 for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.	
	To make filling, combine basil and next 6 ingredients (through egg).	
	To assemble, spoon 1/2 cup pasta sauce in bottom of a 13 x 9-inch glass baking dish coated with cooking spray.	
	Layer half of eggplant slices over pasta sauce.	
	Sprinkle eggplant with 1/8 teaspoon salt. Top with about 3/4 cup pasta sauce; spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina. Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray.	
	Bake at 375 for 35 minutes.	



Properties

Glycemic Index:32.6, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:15.656086994254%

Flavonoids

Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 284.19kcal (14.21%), Fat: 14.5g (22.3%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 16.64g (6.05%), Sugar: 6.97g (7.75%), Cholesterol: 99.57mg (33.19%), Sodium: 805.84mg (35.04%), Alcohol: Og (100%), Protein: 18.7g (37.4%), Calcium: 371.78mg (37.18%), Selenium: 21.7µg (31%), Phosphorus: 304.37mg (30.44%), Manganese: 0.45mg (22.39%), Vitamin B2: 0.37mg (21.93%), Vitamin A: 980.05IU (19.6%), Fiber: 4.36g (17.46%), Vitamin B12: 1µg (16.68%), Vitamin K: 17.1µg (16.28%), Potassium: 546.87mg (15.62%), Zinc: 2.34mg (15.58%), Folate: 55.84µg (13.96%), Vitamin B1: 0.19mg (13%), Iron: 2.15mg (11.93%), Magnesium: 45.46mg (11.36%), Copper: 0.23mg (11.3%), Vitamin B6: 0.22mg (11.07%), Vitamin B3: 2.19mg (10.93%), Vitamin E: 1.58mg (10.54%), Vitamin B5: 0.96mg (9.61%), Vitamin C: 7.33mg (8.89%), Vitamin D: 0.5µg (3.34%)