



Eggplant Parmesan

READY IN



105 min.

SERVINGS



10

CALORIES



284 kcal

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

- Preheat oven to 375
- 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.

Remove foil; top with remaining third of mozzarella and 1/4 cup fontina.

Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts; cool 10 minutes.

Nutrition Facts

PROTEIN 25.86% **FAT 45.1%** **CARBS 29.04%**

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, 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: 0g (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%)