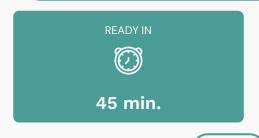
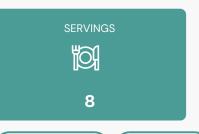


Eggplant Parmesan







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.8 teaspoon pepper black
2.5 lb eggplant (3)
5 large eggs
1 cup flour all-purpose
20 basil fresh
20 haail freeh

1.5 cups olive oil

20 basil fresh	
2 large garlic clove finely chopped	
1 lb mozzarella fresh unsalted chilled thinly sliced (no	t)

	3.5 cups panko bread crumbs (Japanese bread crumbs)
	0.7 cup parmesan grated finely
	5 lb plum tomatoes
	0.3 teaspoon pepper dried red hot
	3.3 teaspoons salt
Εq	uipment
	bowl
	frying pan
	paper towels
	oven
	knife
	pot
	blender
	baking pan
	wax paper
	slotted spoon
	tongs
	colander
	cutting board
Di	rections
	Toss eggplant with 2 teaspoons salt in a colander set over a bowl, then let drain 30 minutes.
	While eggplant drains, cut an X in bottom of each tomato with a sharp paring knife and blanch tomatoes together in a 5-quart pot of boiling water 1 minute.
	Transfer tomatoes with a slotted spoon to a cutting board and, when cool enough to handle, peel off skin, beginning from scored end, with paring knife.
	Coarsely chop tomatoes, then coarsely purée in batches in a blender.

	PROTEIN 19.79% FAT 44.01% CARBS 36.2%	
Nutrition Facts		
	Tomato sauce can be made 1 day ahead and chilled, covered.*Available at Asian markets and some supermarkets, and Uwajimaya (800-889-1928).	
	Bake, uncovered, until cheese is melted and golden and sauce is bubbling, 35 to 40 minutes.	
	Sprinkle top with remaining 1/3 cup Parmigiano-Reggiano.	
	Spread 1 cup tomato sauce in bottom of a rectangular 3 1/2-quart (13- by 11- by 2-inch) baking dish. Arrange about one third of eggplant slices in 1 layer over sauce, overlapping slightly if necessary. Cover eggplant with about one third of remaining sauce (about 11/4 cups) and one third of mozzarella. Continue layering with remaining eggplant, sauce, and mozzarella.	
	Transfer with tongs to paper towels to drain.	
	Heat remaining 1 1/2 cups oil in a deep 12-inch nonstick skillet over moderately high heat until hot but not smoking, then fry eggplant 4 slices at a time, turning over once, until golden brown, 5 to 6 minutes per batch.	
	Transfer eggplant to sheets of wax paper, arranging slices in 1 layer.	
	Working with 1 slice at a time, dredge eggplant in flour, shaking off excess, then dip in egg, letting excess drip off, and dredge in panko until evenly coated.	
	Stir together flour, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a shallow bowl. Lightly beat eggs in a second shallow bowl, then stir together panko and 1/3 cup Parmigiano-Reggiano in a third shallow bowl.	
	Put oven rack in middle position and preheat oven to 375°F.	
	Add tomato purée, basil, 1 teaspoon salt, 1/2 teaspoon pepper, and red pepper flakes and simmer, uncovered, stirring occasionally, until slightly thickened, 25 to 30 minutes.	
	Heat 3 tablespoons oil in a 5-quart heavy pot over moderately high heat until hot but not smoking, then add garlic and sauté, stirring, until golden, about 30 seconds.	

Properties

Glycemic Index:49.88, Glycemic Load:13.26, Inflammation Score:-10, Nutrition Score:32.836522019428%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 568.31kcal (28.42%), Fat: 28.29g (43.53%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 42.99g (15.63%), Sugar: 14.91g (16.57%), Cholesterol: 166.71mg (55.57%), Sodium: 1689.01mg (73.44%), Alcohol: Og (100%), Protein: 28.63g (57.26%), Vitamin A: 3136.36IU (62.73%), Manganese: 1.09mg (54.51%), Vitamin C: 42.55mg (51.58%), Calcium: 500.59mg (50.06%), Phosphorus: 485.42mg (48.54%), Selenium: 33.58µg (47.97%), Vitamin K: 44.24µg (42.13%), Vitamin B1: 0.57mg (38.13%), Folate: 151.06µg (37.77%), Fiber: 9.37g (37.5%), Vitamin B2: 0.62mg (36.68%), Potassium: 1171.43mg (33.47%), Vitamin B12: 1.76µg (29.38%), Vitamin B3: 5.41mg (27.03%), Vitamin E: 3.65mg (24.33%), Vitamin B6: 0.48mg (24.02%), Zinc: 3.52mg (23.46%), Iron: 4.11mg (22.82%), Magnesium: 86.42mg (21.6%), Copper: 0.42mg (20.84%), Vitamin B5: 1.47mg (14.73%), Vitamin D: 0.89µg (5.96%)