



 **24%**  
HEALTH SCORE

## Eggplant Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



568 kcal

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 basil fresh
- 2 large garlic clove finely chopped
- 1 lb mozzarella fresh unsalted chilled thinly sliced (not )
- 1.5 cups olive oil

- 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

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- pot
- blender
- baking pan
- wax paper
- slotted spoon
- tongs
- colander
- cutting board

## Directions

- 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.

- 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.
- 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.
- Put oven rack in middle position and preheat oven to 375°F.
- 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.
- 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.
- Transfer eggplant to sheets of wax paper, arranging slices in 1 layer.
- 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 with tongs to paper towels to drain.
- 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.
- Sprinkle top with remaining 1/3 cup Parmigiano-Reggiano.
- Bake, uncovered, until cheese is melted and golden and sauce is bubbling, 35 to 40 minutes.
- Tomato sauce can be made 1 day ahead and chilled, covered.\*Available at Asian markets and some supermarkets, and Uwajimaya (800-889-1928).

## Nutrition Facts

**PROTEIN 19.79%**

**FAT 44.01%**

**CARBS 36.2%**

### 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, Naringenin: 1.93mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg 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: 0g (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%)