



 **30%**
HEALTH SCORE

Eggplant Parmesan

 **Gluten Free**

READY IN



55 min.

SERVINGS



2

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons olive oil
- 1 garlic clove minced
- 1 small eggplant peeled cut into 1/4-inch slices
- 1 tablespoon basil dried fresh minced
- 1 tablespoon parmesan cheese grated
- 1 medium tomatoes thinly sliced
- 0.5 cup mozzarella cheese shredded
- 1 serving basil

1 serving basil

Equipment

baking sheet

oven

wire rack

baking pan

Directions

Combine oil and garlic; brush over both sides of eggplant slices.

Place on a greased baking sheet.

Bake at 425° for 15 minutes; turn.

Bake until golden brown, about 5 minutes longer. Cool on a wire rack. Reduce oven setting to 350°.

Place half the eggplant in a greased 1-qt. baking dish.

Sprinkle with half the basil and half the Parmesan cheese. Arrange tomato slices over top; sprinkle with remaining basil and Parmesan.

Layer with half the mozzarella cheese and the remaining eggplant; top with remaining mozzarella. Cover and bake for 20 minutes. Uncover; bake until cheese is melted, 5–7 minutes longer.

Garnish with additional basil if desired.

Nutrition Facts



PROTEIN 13.4% **FAT 62.92%** **CARBS 23.68%**

Properties

Glycemic Index:132.5, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:17.765652078649%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 293.96kcal (14.7%), Fat: 21.59g (33.22%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 9.86g (3.59%), Sugar: 10.05g (11.16%), Cholesterol: 24.3mg (8.1%), Sodium: 229.1mg (9.96%), Alcohol: Og (100%), Protein: 10.35g (20.7%), Vitamin K: 64.6µg (61.53%), Manganese: 0.86mg (42.8%), Fiber: 8.43g (33.7%), Calcium: 241.46mg (24.15%), Vitamin E: 3.33mg (22.21%), Potassium: 760.7mg (21.73%), Phosphorus: 193.59mg (19.36%), Vitamin A: 896.39IU (17.93%), Vitamin C: 14.31mg (17.34%), Folate: 69.32µg (17.33%), Iron: 2.79mg (15.5%), Magnesium: 61.17mg (15.29%), Vitamin B6: 0.3mg (15.12%), Copper: 0.28mg (14%), Vitamin B2: 0.21mg (12.44%), Vitamin B12: 0.67µg (11.2%), Zinc: 1.57mg (10.48%), Vitamin B3: 2.01mg (10.05%), Selenium: 6.6µg (9.43%), Vitamin B1: 0.13mg (8.43%), Vitamin B5: 0.78mg (7.76%)