



Eggplant Parmesan

READY IN



120 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 56 ounces canned tomatoes whole peeled canned
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 2 large eggplant (2 pounds total)
- 1 cup flour all-purpose
- 3 eggs lightly beaten
- 1 cup breadcrumbs dried plain
- 1 serving vegetable oil for frying
- 0.5 cup parmesan grated

- 0.5 pound mozzarella fresh whole cut into large chunks

Equipment

- food processor
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- wire rack
- baking pan
- aluminum foil
- colander

Directions

- In a food processor, puree tomatoes; transfer to a medium saucepan and stir in olive oil. Bring to a boil; reduce to a simmer and cook until thickened, 30 minutes. Season tomato sauce with salt and pepper.
- Meanwhile, in a colander, toss eggplant with 1 1/2 teaspoons salt.
- Let stand 30 minutes. Press slices between a double layer of paper towels to dry. Dredge eggplant in flour (shaking off excess), then dip in eggs (allowing excess to drip off), and sprinkle lightly with breadcrumbs.
- Preheat oven to 375 degrees.
- Place a wire rack on a rimmed baking sheet; set aside. In a large skillet, pour enough vegetable oil to come halfway up side.
- Heat oil over medium-high until pinch of breadcrumbs dropped in skillet sizzles. In batches, fry eggplant until golden, 2 to 3 minutes per side; transfer to rack to drain.
- Spread 1 cup tomato sauce in a 9-by-13-inch baking dish.
- Layer half the eggplant over sauce and sprinkle with 1/4 cup Parmesan. Top with 1 1/2 cups sauce, then remaining eggplant. Finish with remaining sauce, 1/4 cup Parmesan, and mozzarella.

Bake until lightly browned and bubbling, 40 to 45 minutes.

To Freeze: Assemble dish but do not bake; wrap tightly with foil and freeze, up to 3 months. Thaw completely, then bake as directed.

Nutrition Facts

PROTEIN 19.18% **FAT 38.02%** **CARBS 42.8%**

Properties

Glycemic Index:31.83, Glycemic Load:13.12, Inflammation Score:-8, Nutrition Score:26.02434823824%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 453.49kcal (22.67%), Fat: 19.63g (30.2%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 41.08g (14.94%), Sugar: 13.41g (14.9%), Cholesterol: 117.37mg (39.12%), Sodium: 924.6mg (40.2%), Alcohol: 0g (100%), Protein: 22.28g (44.56%), Manganese: 0.89mg (44.4%), Calcium: 434.27mg (43.43%), Selenium: 27.66µg (39.51%), Phosphorus: 375.22mg (37.52%), Vitamin B1: 0.54mg (36.08%), Vitamin B2: 0.61mg (36.07%), Fiber: 8.63g (34.54%), Vitamin C: 27.97mg (33.9%), Folate: 125.77µg (31.44%), Iron: 5.41mg (30.07%), Potassium: 972.67mg (27.79%), Vitamin B3: 5.38mg (26.91%), Vitamin B6: 0.51mg (25.62%), Vitamin E: 3.32mg (22.12%), Vitamin B12: 1.22µg (20.34%), Copper: 0.41mg (20.27%), Magnesium: 77.07mg (19.27%), Vitamin K: 19.02µg (18.12%), Zinc: 2.64mg (17.62%), Vitamin A: 784.69IU (15.69%), Vitamin B5: 1.36mg (13.63%), Vitamin D: 0.63µg (4.22%)