



Eggplant Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 tablespoon basil dried
- ☐ 0.5 cup wine dry white
- ☐ 3 egg whites lightly beaten
- ☐ 2 pound eggplant
- ☐ 2 garlic clove minced
- ☐ 1.3 cups seasoned bread crumbs
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

- ☐ 12 ounces part-skim mozzarella cheese shredded
- ☐ 6 ounce canned tomatoes canned
- ☐ 32 ounce tomato sauce canned
- ☐ 0.3 cup water

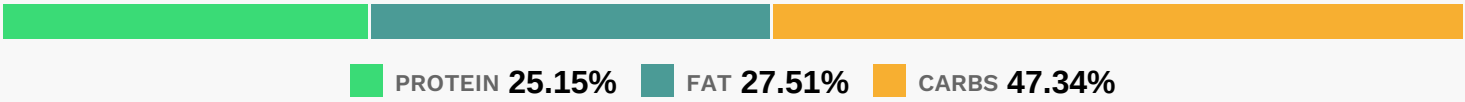
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Place eggplant in a large bowl; add water to cover, and let stand 30 minutes.
- ☐ Drain well; blot dry with paper towels.
- ☐ Combine 1/4 cup water and egg whites in a shallow bowl.
- ☐ Combine breadcrumbs and Parmesan cheese; stir well. Dip eggplant in egg white mixture, and dredge in breadcrumb mixture.
- ☐ Place half of eggplant on a baking sheet coated with cooking spray, and broil 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.
- ☐ Spread half of tomato mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of eggplant over sauce; top with half of mozzarella cheese. Repeat layers with remaining sauce, eggplant, and cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish with fresh oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:24.073478229668%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 309.19kcal (15.46%), Fat: 9.62g (14.81%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 28.49g (10.36%), Sugar: 15.17g (16.85%), Cholesterol: 30.12mg (10.04%), Sodium: 1287.69mg (55.99%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 19.79g (39.59%), Calcium: 486.23mg (48.62%), Manganese: 0.91mg (45.39%), Phosphorus: 354.11mg (35.41%), Fiber: 8.78g (35.12%), Vitamin K: 35.42µg (33.73%), Potassium: 1087.3mg (31.07%), Vitamin C: 22.28mg (27%), Vitamin B2: 0.46mg (26.91%), Copper: 0.52mg (26.07%), Iron: 4.69mg (26.04%), Vitamin E: 3.77mg (25.14%), Vitamin B6: 0.48mg (24.1%), Vitamin B1: 0.35mg (23.65%), Vitamin B3: 4.62mg (23.11%), Selenium: 16.01µg (22.87%), Magnesium: 84.72mg (21.18%), Vitamin A: 1058.32IU (21.17%), Folate: 80.8µg (20.2%), Zinc: 2.42mg (16.11%), Vitamin B5: 1.21mg (12.07%), Vitamin B12: 0.47µg (7.78%)