



Eggplant Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggplant peeled
- ☐ 2 eggs beaten
- ☐ 2 cups seasoned bread crumbs
- ☐ 1.5 cups parmesan cheese divided grated
- ☐ 27.8 oz pasta sauce garden-style divided
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 tablespoon water

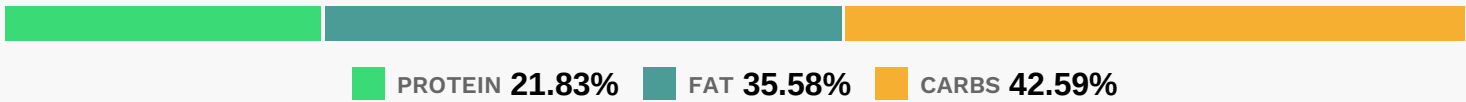
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine eggs and water in a shallow bowl. Dip eggplant slices into egg mixture. Arrange slices in a single layer on a greased baking sheet; bake at 350 for 25 minutes or until golden. Set aside.
- ☐ Mix bread crumbs and 1/2 cup Parmesan cheese; set aside.
- ☐ Spread small amount of sauce in an ungreased 13"x9" baking pan; layer half the eggplant, one cup sauce and one cup crumb mixture. Repeat layers.
- ☐ Cover and bake for 45 minutes. Uncover, sprinkle with mozzarella cheese and remaining Parmesan cheese.
- ☐ Bake, uncovered, 10 more minutes.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:3.73, Inflammation Score:-8, Nutrition Score:25.176956508471%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 433.06kcal (21.65%), Fat: 17.51g (26.94%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 38.65g (14.05%), Sugar: 12.71g (14.13%), Cholesterol: 98.83mg (32.94%), Sodium: 1792.96mg (77.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.35%), Calcium: 475.58mg (47.56%), Manganese: 0.92mg (46.09%), Phosphorus: 429.5mg (42.95%), Selenium: 29.14µg (41.62%), Fiber: 8.51g (34.03%), Vitamin B1: 0.5mg (33.09%), Vitamin B2: 0.54mg (31.78%), Vitamin K: 28.53µg (27.17%), Potassium: 918.94mg (26.26%), Folate: 103.34µg (25.84%), Vitamin B3: 4.81mg (24.07%), Vitamin A: 1164.78IU (23.3%), Iron: 4.07mg

(22.61%), Zinc: 3.19mg (21.3%), Vitamin B12: 1.25µg (20.77%), Copper: 0.4mg (19.8%), Vitamin B6: 0.38mg (19.03%), Magnesium: 75.58mg (18.89%), Vitamin E: 2.78mg (18.57%), Vitamin C: 13.62mg (16.51%), Vitamin B5: 1.43mg (14.29%), Vitamin D: 0.53µg (3.54%)