



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 eggplants (3)
- ☐ 5 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 20 basil leaves fresh
- ☐ 2 large garlic cloves finely chopped
- ☐ 1 lb mozzarella cheese fresh unsalted chilled thinly sliced (not)
- ☐ 1.5 cups olive oil
- ☐ 3.5 cups panko bread crumbs (Japanese bread crumbs)

- ☐ 0.7 cup parmigiano-reggiano grated finely
- ☐ 5 lb plum tomatoes
- ☐ 0.3 teaspoon pepper flakes dried red hot
- ☐ 3.3 teaspoons salt

Equipment

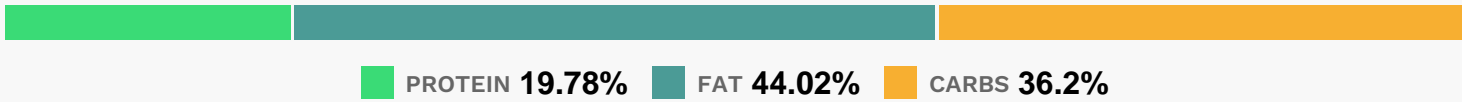
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ wax paper
- ☐ slotted spoon
- ☐ tongs
- ☐ colander
- ☐ cutting board

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



Properties

Glycemic Index:41.13, Glycemic Load:13.26, Inflammation Score:-10, Nutrition Score:32.522174005923%

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: 568.08kcal (28.4%), Fat: 28.29g (43.52%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 42.98g (15.63%), Sugar: 14.91g (16.57%), Cholesterol: 166.71mg (55.57%), Sodium: 1688.97mg (73.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.19%), Vitamin A: 3083.61IU (61.67%), Manganese: 1.08mg (53.93%), Vitamin C: 42.37mg (51.36%), Calcium: 498.82mg (49.88%), Phosphorus: 484.86mg (48.49%), Selenium: 33.58µg (47.97%), Vitamin K: 40.09µg (38.18%), Vitamin B1: 0.57mg (38.11%), Folate: 150.38µg (37.6%), Fiber: 9.36g (37.43%), Vitamin B2: 0.62mg (36.63%), Potassium: 1168.48mg (33.39%), Vitamin B12: 1.76µg (29.38%), Vitamin B3: 5.4mg (26.98%), Vitamin E: 3.64mg (24.28%), Vitamin B6: 0.48mg (23.94%), Zinc: 3.51mg (23.41%), Iron: 4.08mg (22.64%), Magnesium: 85.78mg (21.44%), Copper: 0.41mg (20.64%), Vitamin B5: 1.47mg (14.7%), Vitamin D: 0.89µg (5.96%)