

Eggplant Parmesan

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup torn basil leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 cup croutons crushed
- ☐ 0.5 cup cooking wine dry red such as cabernet sauvignon
- ☐ 1.5 lbs eggplant thick cut lengthwise into 8 slices (1/2 in.)
- ☐ 2 large garlic cloves minced
- ☐ 1 teaspoon kosher salt

- ☐ 0.3 cup olive oil divided
- ☐ 0.5 onion chopped
- ☐ 0.5 cup oregano fresh
- ☐ 0.5 teaspoon chile flakes red
- ☐ 1 teaspoon sugar
- ☐ 8 ounces water-packed mozzarella cheese fresh cut into 8 slices

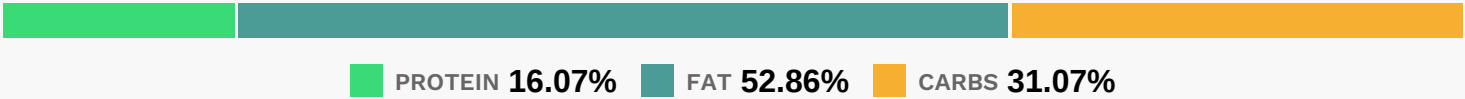
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Set an oven rack in highest position and preheat oven to 350.
- ☐ Heat 2 tbsp. oil in a 4-qt. saucepan over medium heat.
- ☐ Add onion and garlic; cook until translucent, about 4 minutes.
- ☐ Add wine and let reduce by half, 5 minutes. Stir in tomatoes, salt, sugar, pepper, and chile flakes and simmer, stirring often, until very thick, 20 minutes.
- ☐ Lay eggplant slices meanwhile on a greased broiler pan (they can overlap). Cover with foil.
- ☐ Bake until steamy and softened, 20 minutes. Uncover; brush with 1 tbsp. oil. Broil until starting to brown, then turn over and brush with remaining oil. Broil until lightly browned, 8 minutes total.
- ☐ Put an eggplant slice on an oven-safe plate (leave broiler on). Top with 1/4 cup tomato sauce.
- ☐ Lay another slice of eggplant across first and spoon more sauce on top. Top with 2 slices cheese. Repeat layering on 3 more plates.
- ☐ Broil 2 plates at a time just to melt cheese, about 2 minutes.
- ☐ Sprinkle each plate with about 2 tbsp. each mixed herbs and croutons.
- ☐ Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:100.27, Glycemic Load:8.97, Inflammation Score:-10, Nutrition Score:28.735217166984%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 147.01mg, Delphinidin: 147.01mg, Delphinidin: 147.01mg, Delphinidin: 147.01mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 465.13kcal (23.26%), Fat: 27.63g (42.5%), Saturated Fat: 9.62g (60.16%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 24.44g (8.89%), Sugar: 17.19g (19.1%), Cholesterol: 44.79mg (14.93%), Sodium: 1235.25mg (53.71%), Alcohol: 3.15g (100%), Alcohol %: 0.8% (100%), Protein: 18.9g (37.8%), Vitamin K: 76.41µg (72.77%), Manganese: 1.21mg (60.39%), Fiber: 12.08g (48.31%), Calcium: 481.41mg (48.14%), Vitamin E: 6.26mg (41.76%), Phosphorus: 327.34mg (32.73%), Iron: 5.88mg (32.66%), Potassium: 1137.73mg (32.51%), Vitamin C: 24.16mg (29.29%), Copper: 0.58mg (28.95%), Vitamin B6: 0.57mg (28.54%), Magnesium: 96.69mg (24.17%), Vitamin A: 1185.28IU (23.71%), Folate: 91.17µg (22.79%), Vitamin B2: 0.38mg (22.3%), Vitamin B12: 1.29µg (21.55%), Vitamin B3: 4.16mg (20.78%), Selenium: 13.38µg (19.11%), Vitamin B1: 0.28mg (18.49%), Zinc: 2.74mg (18.26%), Vitamin B5: 1.22mg (12.19%), Vitamin D: 0.23µg (1.51%)