

Eggplant Parmesan

READY IN



105 min.

SERVINGS



10

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 2 pound eggplants peeled
- ☐ 2 large eggs lightly beaten
- ☐ 3 ounces fontina finely grated
- ☐ 1.5 teaspoons garlic minced
- ☐ 8 ounces mozzarella cheese thinly sliced
- ☐ 2 cups panko bread crumbs whole-wheat (Japanese breadcrumbs)

- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 16 ounce part-skim ricotta cheese
- ☐ 24 ounce premium pasta sauce
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water

Equipment

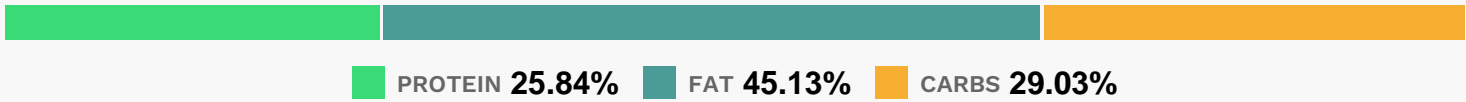
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375
- ☐ To make eggplant, combine 2 eggs and 1 tablespoon water in a shallow dish.
- ☐ Combine panko and 1/4 cup Parmigiano-Reggiano in a second shallow dish. Dip eggplant in egg mixture; dredge in panko mixture, pressing gently to adhere and shaking off excess.
- ☐ Place eggplant 1 inch apart on baking sheets coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.
- ☐ To make filling, combine basil and next 6 ingredients (through egg).
- ☐ To assemble, spoon 1/2 cup pasta sauce in bottom of a 13 x 9-inch glass baking dish coated with cooking spray.
- ☐ Layer half of eggplant slices over pasta sauce.
- ☐ Sprinkle eggplant with 1/8 teaspoon salt. Top with about 3/4 cup pasta sauce; spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina. Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray.
- ☐ Bake at 375 for 35 minutes.
- ☐ Remove foil; top with remaining third of mozzarella and 1/4 cup fontina.

Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts; cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:15.281304473462%

Flavonoids

Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 283.92kcal (14.2%), Fat: 14.49g (22.29%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 16.63g (6.05%), Sugar: 6.97g (7.74%), Cholesterol: 99.57mg (33.19%), Sodium: 805.79mg (35.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.33%), Calcium: 369.65mg (36.97%), Selenium: 21.7µg (31%), Phosphorus: 303.7mg (30.37%), Vitamin B2: 0.37mg (21.88%), Manganese: 0.43mg (21.7%), Vitamin A: 916.75IU (18.33%), Fiber: 4.35g (17.38%), Vitamin B12: 1µg (16.68%), Potassium: 543.33mg (15.52%), Zinc: 2.33mg (15.52%), Folate: 55.02µg (13.76%), Vitamin B1: 0.19mg (12.97%), Iron: 2.11mg (11.72%), Vitamin K: 12.12µg (11.54%), Magnesium: 44.69mg (11.17%), Copper: 0.22mg (11.07%), Vitamin B6: 0.22mg (10.98%), Vitamin B3: 2.18mg (10.88%), Vitamin E: 1.57mg (10.47%), Vitamin B5: 0.96mg (9.59%), Vitamin C: 7.12mg (8.63%), Vitamin D: 0.5µg (3.34%)