

Eggplant Parmesan

 Gluten Free

READY IN



57 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb eggplant
- ☐ 1.5 cups tomatoes
- ☐ 1 cup parmesan shredded
- ☐ 2 cups mozzarella cheese shredded

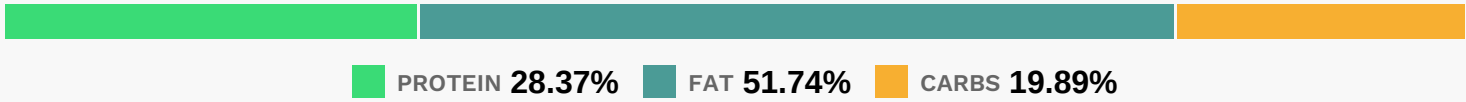
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Peel eggplant, if desired, and cut into 1/4-inch-thick slices. Arrange half of the eggplant slices in a lightly greased 11-by-7-inch baking dish that's 1 1/2 inches deep.
- ☐ Layer half of the Parmesan cheese over eggplant, followed by 3/4 cup mozzarella and half of the spaghetti sauce. Repeat.
- ☐ Cover dish and bake for 40 minutes or until eggplant is tender. Uncover, top with remaining 1/2 cup mozzarella cheese, and bake for 5 more minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.4, Inflammation Score:-6, Nutrition Score:12.066521779351%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 220.38kcal (11.02%), Fat: 13.04g (20.06%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 6.95g (2.53%), Sugar: 6.7g (7.45%), Cholesterol: 40.83mg (13.61%), Sodium: 793.67mg (34.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.16%), Calcium: 404.65mg (40.46%), Phosphorus: 291.58mg (29.16%), Vitamin B12: 1.05µg (17.52%), Fiber: 4.32g (17.28%), Manganese: 0.34mg (17.16%), Selenium: 10.8µg (15.43%), Vitamin B2: 0.24mg (14.28%), Potassium: 485.3mg (13.87%), Vitamin A: 673.83IU (13.48%), Zinc: 1.86mg (12.43%), Magnesium: 39.86mg (9.97%), Vitamin B6: 0.18mg (9.21%), Vitamin E: 1.33mg (8.87%), Copper: 0.17mg (8.59%), Folate: 34.24µg (8.56%), Vitamin C: 6.78mg (8.22%), Vitamin B3: 1.43mg (7.13%), Vitamin K: 6.83µg (6.5%), Iron: 1.15mg (6.39%), Vitamin B5: 0.64mg (6.36%), Vitamin B1: 0.08mg (5.11%), Vitamin D: 0.23µg (1.55%)