



Eggplant Parmesan

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs
- ☐ 2 large eggplants peeled sliced (optionally and 1/ lengthwise)
- ☐ 4 eggs lightly beaten ()
- ☐ 1 cup flour
- ☐ 3 cups tomatoes (I used a kalamata olive marinara)
- ☐ 3 cups mozzarella cheese grated sliced (or)
- ☐ 6 servings oil for frying
- ☐ 1 cup parmigiano reggiano grated ()

- ☐ 6 servings salt
- ☐ 6 servings salt and pepper to taste

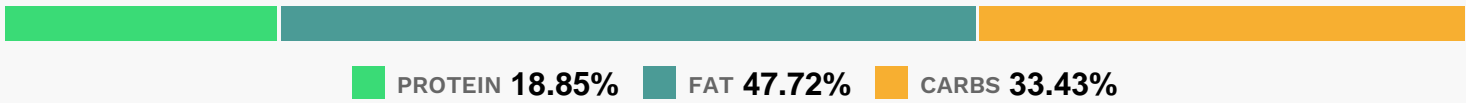
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Salt the eggplant and let it sit in a colander for 20–30 minutes then rise it and pat it dry.
- ☐ Season the eggplant with salt and pepper, dredge it in flour, dip it in egg and dredge it in the bread crumbs.
- ☐ Fry the eggplant in the oil until it is golden brown on both sides and then let them drain on paper towels.
- ☐ Spread some of the marinara on the bottom of your baking dish followed by a layer of eggplant, some marinara, some parmigiano reggiano and mozzarella and continue to layer until you end up with cheese at the top.
- ☐ Bake in a preheated 350F oven until the sides are bubbling and the cheese is melted and golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:13.3, Inflammation Score:-8, Nutrition Score:26.456086801446%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 654.11kcal (32.71%), Fat: 35.13g (54.04%), Saturated Fat: 13.11g (81.95%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 46.36g (16.86%), Sugar: 8.86g (9.85%), Cholesterol: 164.69mg (54.9%), Sodium: 2367.34mg (102.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Calcium: 614.65mg (61.46%), Selenium: 39.48µg (56.39%), Phosphorus: 493.23mg (49.32%), Manganese: 0.86mg (42.82%), Vitamin B1: 0.62mg (41.36%), Vitamin B2: 0.66mg (38.65%), Fiber: 8.99g (35.96%), Folate: 131.13µg (32.78%), Vitamin B12: 1.86µg (31.06%), Vitamin E: 4.01mg (26.75%), Vitamin B3: 4.89mg (24.47%), Iron: 4.29mg (23.82%), Zinc: 3.41mg (22.75%), Vitamin A: 967.52IU (19.35%), Copper: 0.36mg (17.97%), Magnesium: 70.93mg (17.73%), Potassium: 569.26mg (16.26%), Vitamin B6: 0.29mg (14.38%), Vitamin B5: 1.34mg (13.39%), Vitamin K: 12.38µg (11.79%), Vitamin D: 0.89µg (5.96%), Vitamin C: 3.36mg (4.07%)