



## Eggplant Parmesan

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb eggplant sliced
- 0.5 lb mushrooms fresh sliced
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1.5 cups milk mozzarella cheese shredded 2% kraft

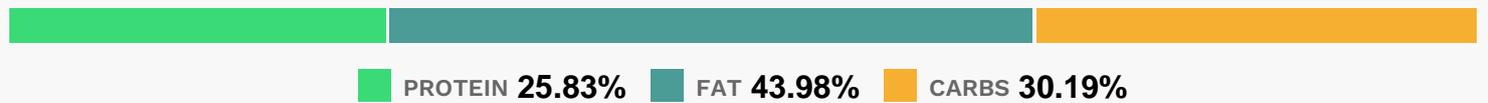
### Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F.
- Layer half each of the eggplant and mushrooms in 13x9-inch pan sprayed with cooking spray; cover with layers of 1/3 each of the Parmesan and mozzarella. Repeat layers.
- Top with pasta sauce; cover.
- Bake 35 min. or until heated through.
- Sprinkle with remaining cheeses; bake, uncovered, 5 min. or until mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:2.68, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.5217391116464%

## Flavonoids

Delphinidin: 7.77mg, Delphinidin: 7.77mg, Delphinidin: 7.77mg, Delphinidin: 7.77mg

## Nutrients (% of daily need)

Calories: 19.42kcal (0.97%), Fat: 1.01g (1.55%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.93g (1.03%), Cholesterol: 3.23mg (1.08%), Sodium: 97.64mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Phosphorus: 25.87mg (2.59%), Calcium: 25.72mg (2.57%), Vitamin B2: 0.04mg (2.48%), Potassium: 79.39mg (2.27%), Fiber: 0.52g (2.09%), Manganese: 0.04mg (1.97%), Selenium: 1.34µg (1.91%), Copper: 0.04mg (1.9%), Vitamin B3: 0.36mg (1.81%), Vitamin A: 89.49IU (1.79%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.25mg (1.51%), Vitamin B12: 0.09µg (1.46%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.19mg (1.3%), Magnesium: 4.62mg (1.16%), Folate: 4.27µg (1.07%), Iron: 0.19mg (1.07%)