



Eggplant Parmesan Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup bread crumbs dry
- 2 large eggplants
- 2 cloves garlic sliced
- 3 cups tomatoes prepared
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 0.3 cup pepper jack cheese shredded
- 0.5 teaspoon pepper flakes red
- 0.8 cup ricotta cheese

8 servings salt and pepper black freshly ground to taste

0.5 cup water as needed plus more

Equipment

bowl

frying pan

paper towels

oven

baking pan

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut 5 crosswise slices from center area of each eggplant, about 1/2-inch thick, to total 10 slices. Peel and dice remaining pieces of eggplant.

Heat 2 tablespoons olive oil in a large skillet over medium-high heat until oil is very hot.

Sprinkle eggplant slices lightly with a pinch of salt and cook in hot skillet in batches until slightly softened, about 3 minutes per side. Set eggplant slices aside on paper towels.

Heat 1 tablespoon olive oil in skillet and cook garlic for about 10 seconds; add diced eggplant and season with a pinch of salt and red pepper flakes.

Saute until eggplant is softened, about 5 minutes.

Pour in marinara sauce and water. Turn heat to medium-low and cook until eggplant is tender, about 15 minutes; stir occasionally. If sauce gets too thick, add a little more water.

Combine ricotta cheese, 1/2 cup Parmesan cheese, pepperjack cheese, a pinch of salt, and a pinch black pepper in a bowl until thoroughly combined.

Spread about 2 tablespoons cheese mixture over each eggplant slice. Fold eggplant slices in half to enclose the cheese mixture.

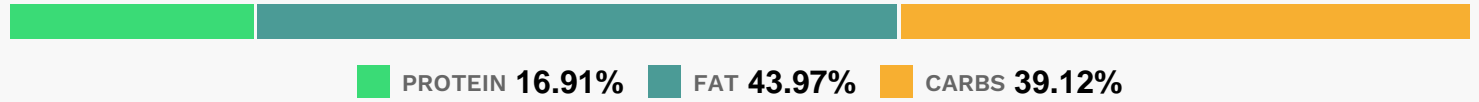
Spread about half the sauce into an 8x8-inch baking dish.

Lay folded eggplant slices in a single layer into the dish.

Spread remaining sauce over eggplant slices.

- Combine bread crumbs, 1/2 cup Parmesan cheese, and 2 tablespoons olive oil in a bowl; mix thoroughly.
- Spread crumb mixture over eggplant casserole.
- Bake in the preheated oven until casserole is bubbling and crumbs are browned, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:11.82391309479%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 203.27kcal (10.16%), Fat: 10.38g (15.97%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 15.43g (5.61%), Sugar: 8.04g (8.94%), Cholesterol: 20.44mg (6.81%), Sodium: 664.99mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.97%), Manganese: 0.49mg (24.58%), Fiber: 5.35g (21.41%), Calcium: 174.11mg (17.41%), Potassium: 600.5mg (17.16%), Phosphorus: 162.71mg (16.27%), Vitamin E: 2.29mg (15.3%), Selenium: 9.65µg (13.79%), Vitamin B2: 0.23mg (13.28%), Vitamin A: 646.51IU (12.93%), Folate: 48.17µg (12.04%), Copper: 0.24mg (12%), Vitamin B3: 2.38mg (11.89%), Vitamin B1: 0.17mg (11.45%), Vitamin B6: 0.23mg (11.43%), Vitamin C: 9.19mg (11.13%), Iron: 1.84mg (10.22%), Magnesium: 40.56mg (10.14%), Vitamin K: 10.11µg (9.63%), Zinc: 1.2mg (7.97%), Vitamin B5: 0.75mg (7.46%), Vitamin B12: 0.23µg (3.8%)