



Eggplant Parmesan Casserole

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

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

- ☐ 1 pinch salt or as needed
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup water as needed plus more

Equipment

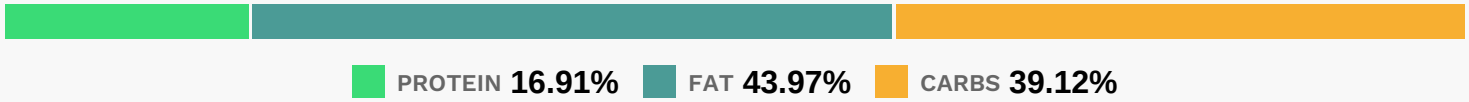
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

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: 669.84mg (29.12%), 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%)