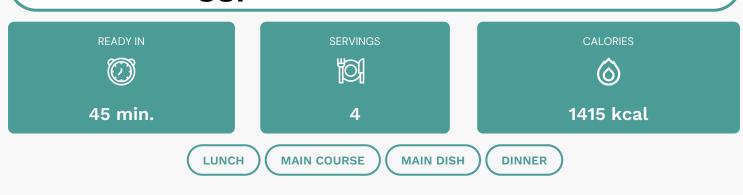


Eggplant Parmesan Heros



Ingredients

O.8 teaspoon pepper black
48 inch loaves bread italian halved lengthwise
3.5 cups bread crumbs fresh white firm lightly toasted fine (from sandwich bread)
1.3 lb eggplant
5 large eggs lightly beaten
2 cups flour all-purpose
1 lb mozzarella cheese fresh thinly sliced
2 garlic cloves chopped
3 tablespoons olive oil

	1 small onion finely chopped	
	3 ounces parmigiano-reggiano finely grated	
	2 teaspoons salt	
	56 oz tomatoes in purée whole canned	
	2 cups vegetable oil	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	paper towels	
	sauce pan	
	oven	
	wax paper	
	tongs	
	colander	
Di	rections	
	Heat olive oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden, about 5 minutes.	
	Add garlic and sauté, stirring, 1 minute.	
	Add tomato purée, 1/2 teaspoon salt, and 1/4 teaspoon pepper and simmer, uncovered, stirring occasionally, until slightly thickened, about 30 minutes.	
	Toss eggplant slices with 1 teaspoon salt in a colander set over a bowl, then let stand 30 minutes.	
	Stir together flour, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper in a shallow bowl, then stir together bread crumbs and Parmigiano-Reggiano in another shallow bowl.	
	Dredge eggplant slices in flour, shaking off excess, then dip in egg, letting excess drip off, and dredge in bread crumbs until evenly coated.	

Transfer eggplant to sheets of wax paper, arranging slices in 1 layer.
Preheat oven to 400°F.
Heat vegetable oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then fry eggplant 4 slices at a time, turning over once, until golden brown, 2 to 3 minutes per batch.
Transfer with tongs to paper towels to drain.
Arrange bottom halves of bread loaves on a large baking sheet and tops on another large baking sheet, all with cut sides up.
Spread 1/4 cup tomato sauce on each top and bottom. Divide eggplant between bottom halves, overlapping slices slightly. Top each (open-faced) sandwich with 1/4 cup tomato sauce and one fourth of mozzarella.
Bake open-faced sandwiches in lower third of oven until cheese melts, about 3 minutes. When cheese begins to melt, put tops of loaves in upper third of oven and bake until edges are golden, 3 to 4 minutes (watch tops closely; they burn easily). Put tops on bottoms to make sandwiches, then slice into serving pieces.
Nutrition Facts
PROTEIN 16.25% FAT 52.07% CARBS 31.68%

Properties

Glycemic Index:80.69, Glycemic Load:50.94, Inflammation Score:-9, Nutrition Score:53.719130723373%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1415.42kcal (70.77%), Fat: 82.67g (127.19%), Saturated Fat: 31.54g (197.12%), Carbohydrates: 113.18g (37.73%), Net Carbohydrates: 100.87g (36.68%), Sugar: 28.47g (31.63%), Cholesterol: 336.54mg (112.18%), Sodium: 3176.9mg (138.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 58.07g (116.13%), Calcium: 1096.88mg (109.69%), Selenium: 74.72µg (106.74%), Phosphorus: 913.4mg (91.34%), Vitamin B2: 1.39mg (81.51%), Manganese: 1.45mg (72.4%), Folate: 282.45µg (70.61%), Vitamin B1: 1.05mg (69.71%), Vitamin K: 67.01µg (63.82%), Iron: 10.98mg

(60.99%), Vitamin B12: 3.4μg (56.61%), Vitamin B3: 10.94mg (54.7%), Vitamin C: 41.79mg (50.66%), Vitamin E: 7.47mg (49.8%), Fiber: 12.31g (49.22%), Zinc: 6.38mg (42.56%), Potassium: 1478.73mg (42.25%), Vitamin B6: 0.83mg (41.58%), Vitamin A: 1770.03IU (35.4%), Magnesium: 135.4mg (33.85%), Copper: 0.61mg (30.45%), Vitamin B5: 2.6mg (26.01%), Vitamin D: 1.81μg (12.07%)