



Eggplant Parmesan I

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs beaten
- ☐ 1 eggplant cut into 3/4 inch slices
- ☐ 0.5 cup basil fresh chopped
- ☐ 8 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 cups pasta sauce
- ☐ 8 ounces ricotta cheese
- ☐ 1.5 tablespoons salt

☐ 6 ounces mozzarella cheese shredded

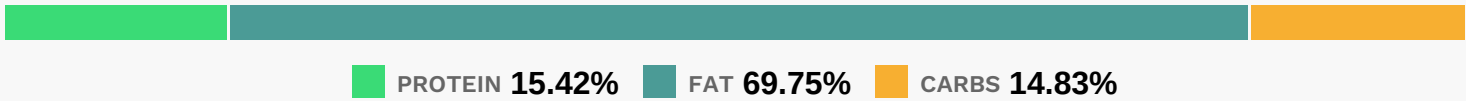
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Sprinkle both sides of the eggplant slices with salt.
- ☐ Place slices in a colander, and place a dish underneath the colander to capture liquid that will sweat out of the eggplant. Allow to sit for 30 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix the ricotta, mozzarella cheese and 1/4 cup Parmesan cheese.
- ☐ Mix in egg and basil.
- ☐ Rinse the eggplant in cold water until all salt is removed. In a large skillet, heat 4 tablespoons olive oil over medium heat.
- ☐ Place one layer of eggplant in the pan, brown each side. Repeat with remaining eggplant slices, using additional oil if necessary.
- ☐ In a 9x13 inch baking dish, evenly spread 1 1/2 cups of spaghetti sauce. Arrange a single layer of eggplant slices on top of the sauce. Top the eggplant with 1/2 of the cheese mixture. Repeat layering process until all the eggplant and cheese mixture is used.
- ☐ Pour remaining sauce on top of layers, and sprinkle with remaining Parmesan cheese.
- ☐ Bake 30 to 45 minutes in the preheated oven, until sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:12.958695603454%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 315.11kcal (15.76%), Fat: 25.19g (38.75%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.71g (7.45%), Cholesterol: 57.15mg (19.05%), Sodium: 2164.53mg (94.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.05%), Vitamin E: 4.13mg (27.5%), Calcium: 250.29mg (25.03%), Phosphorus: 218.23mg (21.82%), Vitamin K: 21.01µg (20.01%), Vitamin A: 976.37IU (19.53%), Selenium: 12.52µg (17.88%), Potassium: 564.78mg (16.14%), Vitamin B2: 0.26mg (15.54%), Manganese: 0.3mg (14.97%), Fiber: 3.58g (14.32%), Vitamin C: 10.1mg (12.25%), Vitamin B12: 0.71µg (11.91%), Zinc: 1.67mg (11.12%), Copper: 0.21mg (10.44%), Vitamin B6: 0.2mg (10.25%), Iron: 1.77mg (9.84%), Magnesium: 37.6mg (9.4%), Vitamin B3: 1.66mg (8.3%), Folate: 32.49µg (8.12%), Vitamin B5: 0.74mg (7.38%), Vitamin B1: 0.07mg (4.41%), Vitamin D: 0.28µg (1.89%)