



Eggplant Parmesan Lasagna

READY IN



150 min.

SERVINGS



10

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 6 lasagna noodles cooked drained
- 1.5 lb eggplant
- 3 large eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 6 tablespoons olive oil
- 1 cup parmesan cheese grated

- 15 oz part-skim ricotta
- 0.5 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 8 oz mozzarella cheese shredded
- 52 oz pasta sauce
- 3 tablespoons water
- 0.5 cup whipping cream

Equipment

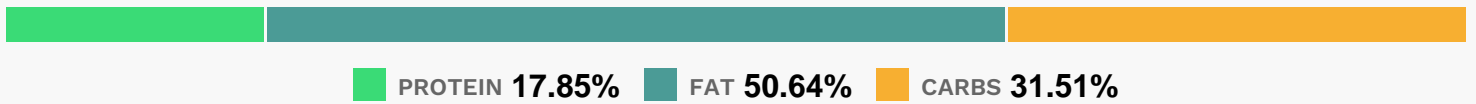
- frying pan
- paper towels
- sauce pan
- oven
- baking pan

Directions

- Cook first 3 ingredients in a 3 1/2-quart saucepan over medium-low heat 30 minutes.
- Remove from heat; stir in cream and Parmesan cheese. Set aside.
- Peel eggplant, and cut crosswise into 1/4-inch-thick slices.
- Sprinkle slices evenly with salt and black pepper. Stir together eggs and 3 Tbsp. water. Dredge eggplant in flour; dip into egg mixture, and dredge again in flour, shaking to remove excess.
- Cook eggplant, in batches, in 1 1/2 Tbsp. hot oil in a large nonstick skillet over medium-high heat 4 minutes on each side or until golden brown and slightly softened.
- Drain on paper towels. Repeat with remaining oil and eggplant, wiping skillet clean after each batch, if necessary.
- Layer 3 lasagna noodles lengthwise in a lightly greased 13- x 9-inch baking dish. Top with one-third tomato sauce mixture and half of eggplant. Dollop half of ricotta cheese evenly on eggplant in dish; top with half of mozzarella. Repeat layers with remaining noodles, one-third sauce mixture, remaining eggplant, and remaining ricotta. Top with remaining one-third sauce mixture and mozzarella cheese.

- Bake at 350 for 35 to 40 minutes or until golden brown.
- Let stand 20 minutes before serving.
- *6 no-cook lasagna noodles may be substituted. Prepare recipe as directed, reserving last half of mozzarella from top.
- Bake, covered, at 350 for 45 minutes.
- Sprinkle top with reserved cheese; bake, uncovered, for 20 more minutes or until golden brown.
- Note: For testing purposes only, we used Bertolli Vidalia Onion With Roasted Garlic pasta sauce.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:15.24, Inflammation Score:-8, Nutrition Score:20.121304429096%

Flavonoids

Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 460.44kcal (23.02%), Fat: 26.4g (40.62%), Saturated Fat: 11.16g (69.77%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 31.65g (11.51%), Sugar: 8.67g (9.64%), Cholesterol: 109.05mg (36.35%), Sodium: 1213.96mg (52.78%), Alcohol: 0g (100%), Protein: 20.93g (41.86%), Selenium: 34.28µg (48.97%), Calcium: 368.98mg (36.9%), Phosphorus: 349.67mg (34.97%), Manganese: 0.56mg (28.14%), Vitamin A: 1406.23IU (28.12%), Vitamin B2: 0.46mg (27.07%), Vitamin E: 4mg (26.7%), Potassium: 749.91mg (21.43%), Fiber: 5.3g (21.22%), Iron: 3.33mg (18.48%), Folate: 69.73µg (17.43%), Zinc: 2.61mg (17.38%), Vitamin K: 18.19µg (17.32%), Copper: 0.32mg (15.94%), Vitamin B12: 0.93µg (15.47%), Magnesium: 58.97mg (14.74%), Vitamin C: 12.1mg (14.67%), Vitamin B3: 2.89mg (14.45%), Vitamin B6: 0.28mg (14.18%), Vitamin B1: 0.19mg (12.98%), Vitamin B5: 1.17mg (11.74%), Vitamin D: 0.67µg (4.49%)