



## 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
- ☐ 6 tablespoons olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 15 oz part-skim ricotta cheese

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 8 oz mozzarella cheese shredded
- ☐ 52 oz tomatoes
- ☐ 3 tablespoons water
- ☐ 0.5 cup whipping cream

## Equipment

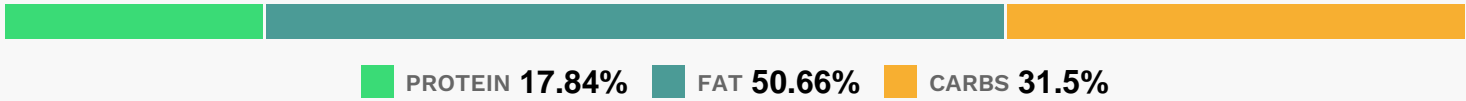
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## 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:32.75, Glycemic Load:15.23, Inflammation Score:-8, Nutrition Score:19.933043521384%

## 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: 460.3kcal (23.02%), Fat: 26.4g (40.61%), Saturated Fat: 11.16g (69.77%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 31.65g (11.51%), Sugar: 8.67g (9.63%), Cholesterol: 109.05mg (36.35%), Sodium: 1213.94mg (52.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Selenium: 34.27µg (48.96%), Calcium: 367.91mg (36.79%), Phosphorus: 349.33mg (34.93%), Manganese: 0.56mg (27.79%), Vitamin A: 1374.58IU (27.49%), Vitamin B2: 0.46mg (27.04%), Vitamin E: 4mg (26.67%), Potassium: 748.14mg (21.38%), Fiber: 5.3g (21.18%), Iron: 3.31mg (18.38%), Zinc: 2.6mg (17.35%), Folate: 69.32µg (17.33%), Copper: 0.32mg (15.82%), Vitamin B12: 0.93µg (15.47%), Vitamin K: 15.7µg (14.95%), Magnesium: 58.58mg (14.65%), Vitamin C: 12mg (14.54%), Vitamin B3: 2.89mg (14.43%), Vitamin B6: 0.28mg (14.13%), Vitamin B1: 0.19mg (12.97%), Vitamin B5: 1.17mg (11.72%), Vitamin D: 0.67µg (4.49%)