



Eggplant Parmesan (Melanzane alla Parmigiana)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggplants sliced (1/)
- ☐ 2 cups tomatoes
- ☐ 0.5 cup mozzarella cheese grated ()
- ☐ 0.3 cup parmigiano-reggiano grated ()
- ☐ 4 servings salt

Equipment

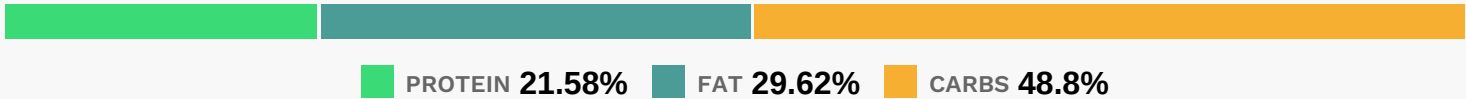
- ☐ oven

☐ baking pan

Directions

- ☐ Salt the eggplant slices and let them sit for 30 minutes.
- ☐ Rinse the eggplant and pat dry.
- ☐ Broil the eggplant until golden brown on both sides, about 3–4 minutes per side.
- ☐ Place the eggplant on the bottom of a baking pan.
- ☐ Spread the marinara sauce on top of the eggplant.
- ☐ Spread the cheese on top of the marinara sauce.
- ☐ Bake in a preheated 350F oven until the cheese is golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:14.370434846567%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 153.15kcal (7.66%), Fat: 5.52g (8.5%), Saturated Fat: 2.99g (18.72%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 11.77g (4.28%), Sugar: 12.64g (14.04%), Cholesterol: 15.31mg (5.1%), Sodium: 966.92mg (42.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Fiber: 8.71g (34.83%), Manganese: 0.67mg (33.42%), Potassium: 904.66mg (25.85%), Calcium: 182.58mg (18.26%), Phosphorus: 180.97mg (18.1%), Vitamin E: 2.49mg (16.61%), Vitamin C: 13.61mg (16.5%), Copper: 0.33mg (16.5%), Vitamin B6: 0.32mg (16.16%), Folate: 62.82µg (15.71%), Vitamin A: 726.55IU (14.53%), Magnesium: 55.99mg (14%), Vitamin B3: 2.73mg (13.66%), Vitamin B2: 0.22mg (13.22%), Vitamin K: 11.87µg (11.31%), Vitamin B5: 1.07mg (10.7%), Iron: 1.82mg (10.1%), Vitamin B1: 0.13mg (8.36%), Zinc: 1.22mg (8.11%), Selenium: 5.21µg (7.44%), Vitamin B12: 0.39µg (6.57%)