



Eggplant Parmesan Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound eggplant sliced
- ☐ 5 servings basil leaves fresh
- ☐ 0.8 cup tomatoes
- ☐ 1 tablespoon parmesan cheese finely grated
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 3 plum tomatoes sliced
- ☐ 5 servings pizza dough refrigerated

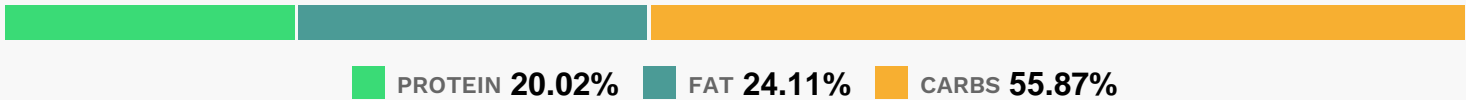
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Spread 3/4 cup marinara sauce on prepared dough (see "All About Dough" below), and sprinkle with 2 1/2 ounces shredded part-skim mozzarella cheese (about 3/4 cup). Dollop 1/2 cup part-skim ricotta cheese over pizza, and top with 3 sliced fresh plum tomatoes and 3/4 pound broiled sliced eggplant.
- ☐ Sprinkle with 1 tablespoon finely grated Parmesan cheese, and bake at 450 for 10-12 minutes or until golden brown.
- ☐ Sprinkle with fresh basil leaves, cut into 5 slices, and serve.
- ☐ All About Dough
- ☐ Where to buy it: You can get refrigerated pizza dough at your local pizzeria or supermarket (Trader Joe's, Whole Foods, and Albertsons make great ones).
- ☐ Let dough sit at room temperature for 15 minutes before rolling it out, and arrange your oven rack at the lowest position. Then follow these directions, add toppings, and bake.
- ☐ Pizza prep: Preheat oven to 450
- ☐ Roll out 1 (1-pound) whole-wheat or regular store-bought pizza dough on a lightly floured surface with a floured rolling pin into a 13-inch round or 13- x 12-inch rectangle. Lightly spray a large baking sheet with olive oil; sprinkle with cornmeal.
- ☐ Transfer dough to prepared sheet.
- ☐ Roll up sides 1-inch to form a rim.

Nutrition Facts



Properties

Glycemic Index:36.6, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:9.3378261379574%

Flavonoids

Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 254.31kcal (12.72%), Fat: 7g (10.77%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 32.58g (11.85%), Sugar: 8.5g (9.44%), Cholesterol: 19.31mg (6.44%), Sodium: 742.1mg (32.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.17%), Calcium: 226.2mg (22.62%), Phosphorus: 165.81mg (16.58%), Fiber: 3.93g (15.7%), Vitamin A: 774.84IU (15.5%), Vitamin K: 15.11µg (14.39%), Manganese: 0.27mg (13.38%), Iron: 2.36mg (13.13%), Potassium: 405.97mg (11.6%), Vitamin C: 9.53mg (11.55%), Selenium: 7.34µg (10.49%), Vitamin B2: 0.16mg (9.29%), Folate: 30.01µg (7.5%), Zinc: 1.11mg (7.39%), Vitamin B6: 0.14mg (7.18%), Magnesium: 28.34mg (7.09%), Copper: 0.14mg (7%), Vitamin E: 1mg (6.64%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.06mg (3.89%), Vitamin B12: 0.22µg (3.72%)