



## Eggplant Parmesan Roll-Ups

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups olive oil divided ()
- 1 large bell pepper green chopped
- 8 ounces crimini mushrooms sliced
- 1 clove garlic
- 0.3 teaspoon pepper dried red hot
- 14 teaspoons tomatoes diced canned
- 1.3 lb eggplant
- 1 cup ricotta cheese low-fat
- 0.5 cup parmesan shredded

- 3 tablespoons basil fresh finely chopped
- 3 tablespoons basil fresh finely chopped
- 0.3 teaspoon pepper black
- 6 ounces pasta whole wheat
- 0.5 cup onion chopped

## Equipment

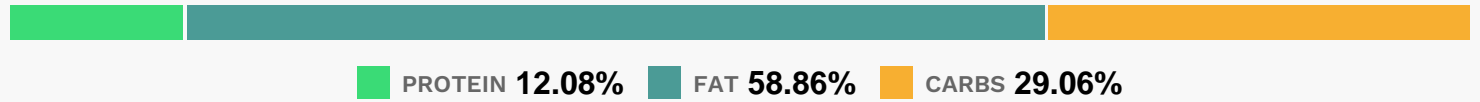
- sauce pan
- oven
- casserole dish
- grill
- grill pan

## Directions

- Preheat oven to 350F and put water for linguine on to boil.
- Heat 1 teaspoon oil in a 2-quart heavy saucepan over medium heat and add onion and green pepper. Cook until just tender.
- Add garlic and red pepper flakes and continue to cook another 30 seconds.
- Add tomatoes and 1/2 teaspoon salt and simmer, uncovered, stirring occasionally, until slightly thickened, 15 to 20 minutes.
- Grill eggplant while sauce cooks.
- Heat grill pan over high heat until hot. Peel skin from eggplant and discard.
- Cut eggplant long-ways into 8 (1/3-inch-thick) slices. Lightly rush both sides of slices with 2 teaspoons oil (total), then season with salt and pepper. Grill slices in batches, turning over once, until golden brown and tender, about 4 minutes, then transfer to a tray.
- Stir together ricotta and 1/2 cup Parmesan, basil, pepper, and remaining salt. Divide cheese mixture among slices.
- Roll up each slice.
- Place rolls in a small casserole dish and bake until cheese starts to melt, about 10 minutes.
- Meanwhile, cook linguine to package directions.

Serve rolls over linguine, topped with sauce and sprinkled with 1 tablespoon Parmesan each.

## Nutrition Facts



### Properties

Glycemic Index:91.25, Glycemic Load:15.25, Inflammation Score:-8, Nutrition Score:26.217391304348%

### Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

### Taste

Sweetness: 15.29%, Saltiness: 50.81%, Sourness: 17.07%, Bitterness: 19.04%, Savoriness: 25.28%, Fattiness: 100%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 670.58kcal (33.53%), Fat: 44.79g (68.9%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 42.44g (15.43%), Sugar: 9.65g (10.72%), Cholesterol: 40.12mg (13.37%), Sodium: 290.79mg (12.64%), Protein: 20.68g (41.36%), Selenium: 54.11µg (77.3%), Vitamin C: 39.94mg (48.41%), Manganese: 0.96mg (47.98%), Vitamin K: 41.82µg (39.83%), Phosphorus: 387.82mg (38.78%), Vitamin E: 5.59mg (37.24%), Calcium: 330.24mg (33.02%), Vitamin B2: 0.55mg (32.3%), Copper: 0.6mg (30.08%), Fiber: 7.3g (29.21%), Potassium: 899.71mg (25.71%), Vitamin B6: 0.43mg (21.59%), Vitamin B3: 4.29mg (21.43%), Folate: 72.73µg (18.18%), Zinc: 2.66mg (17.76%), Magnesium: 70.31mg (17.58%), Vitamin B5: 1.72mg (17.2%), Vitamin A: 774.47IU (15.49%), Vitamin B1: 0.2mg (13.58%), Iron: 2.12mg (11.75%), Vitamin B12: 0.42µg (6.96%), Vitamin D: 0.24µg (1.62%)