



Eggplant Parmesan Rolls with Swiss Chard and Fresh Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 15 ounce tomato sauce canned
- ☐ 6 servings coarse kosher salt
- ☐ 2 medium eggplants trimmed cut lengthwise into 1/4-inch-thick slices ()
- ☐ 2 large eggs
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 servings olive oil extra-virgin
- ☐ 1.3 cups parmesan cheese divided finely grated

- ☐ 15 ounce whole-milk ricotta cheese
- ☐ 1 pound swiss chard
- ☐ 8 ounce water-packed mozzarella fresh drained thinly sliced

Equipment

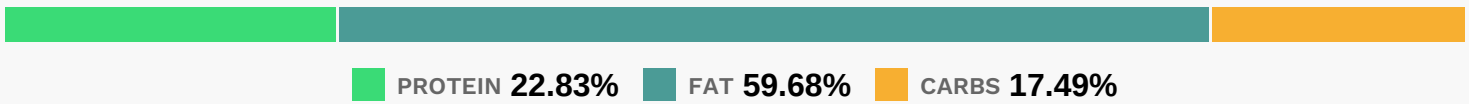
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ colander

Directions

- ☐ Cover bottom and sides of each of 2 large colanders with 1 layer of eggplant slices; sprinkle generously with coarse salt. Continue layering eggplant slices in each colander, sprinkling each layer with coarse salt, until all eggplant slices are used.
- ☐ Place each colander over large bowl; let stand at least 30 minutes and up to 1 hour. Rinse eggplant slices to remove excess salt; dry thoroughly with paper towels.
- ☐ Position oven rack 5 to 6 inches from heat source and preheat broiler. Line 3 large rimmed baking sheets with parchment paper. Arrange eggplant slices in single layer on prepared baking sheets.
- ☐ Brush both sides of eggplant slices with olive oil. Broil 1 sheet at a time until eggplant slices are tender and beginning to brown, watching closely and removing eggplant slices as needed if cooking too quickly, 3 to 4 minutes per side.
- ☐ Remove baking sheet from oven and cool eggplant while preparing filling.
- ☐ Bring large pot of salted water to boil.

- ☐ Add chard to pot and boil just until tender,about 2 minutes.
- ☐ Drain; rinse with coldwater. Squeeze chard very dry, then chopcoarsely. Squeeze chard dry again betweenpaper towels.
- ☐ Whisk eggs and pinch ofcoarse salt in medium bowl. Stir in choppedchard, ricotta cheese, 1 cup Parmesan, mint,and black pepper.
- ☐ Lightly oil 15 x 10 x 2-inch glass bakingdish.
- ☐ Spread half of tomato sauce evenlyover bottom of dish. Divide chard-ricottafilling among eggplant slices, placing about1 heaping tablespoon filling in center ofeach. Starting at 1 short end of each, looselyroll up eggplant slices, enclosing filling.Arrange rolls, seam side down, atop saucein baking dish. Spoon remaining tomatosauce over.
- ☐ Place mozzarella slices in singlelayer over rolls.
- ☐ Sprinkle with remaining1/4 cup Parmesan cheese. DO AHEAD: Can bemade 1 day ahead. Cover with foil and chill.
- ☐ Preheat oven to 350°F.
- ☐ Bake eggplant
- ☐ Parmesan rolls, covered with foil, untilheated through, about 30 minutes if freshlymade or 40 minutes if refrigerated. Uncoverand bake until brown in spots and sauce isbubbling, 15 to 20 minutes.
- ☐ Serve hot.
- ☐ * Available at many supermarkets and atspecialty foods stores and Italian markets.Regular mozzarella can be substituted.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:33.698260701221%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg,

Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 463.98kcal (23.2%), Fat: 31.64g (48.67%), Saturated Fat: 11.76g (73.49%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 13.81g (5.02%), Sugar: 9.01g (10.01%), Cholesterol: 129.88mg (43.29%), Sodium: 1225.22mg (53.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.45%), Vitamin K: 644.89µg (614.18%), Vitamin A: 5644.92IU (112.9%), Selenium: 49.89µg (71.27%), Phosphorus: 421.01mg (42.1%), Calcium: 414.65mg (41.46%), Manganese: 0.79mg (39.63%), Vitamin C: 31.53mg (38.22%), Vitamin E: 5.41mg (36.07%), Potassium: 1061.88mg (30.34%), Magnesium: 120.79mg (30.2%), Vitamin B3: 5.88mg (29.4%), Vitamin B2: 0.49mg (28.98%), Fiber: 7.05g (28.2%), Vitamin B12: 1.64µg (27.37%), Vitamin B6: 0.47mg (23.6%), Iron: 3.87mg (21.48%), Copper: 0.4mg (20.14%), Zinc: 2.88mg (19.22%), Folate: 71.59µg (17.9%), Vitamin B5: 1.32mg (13.17%), Vitamin B1: 0.14mg (9.42%), Vitamin D: 1.03µg (6.89%)