



 5%
HEALTH SCORE

Eggplant Parmesan Stacks

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 medium round buttery crackers thick (each)
- 1 serving coarse salt
- 1 cup olive oil extra virgin extra-virgin
- 3 garlic clove very thinly sliced
- 1.5 pounds plum tomatoes coarsely chopped
- 1 tablespoon oregano fresh coarsely chopped for garnish
- 0.3 cup basil fresh thinly sliced
- 0.3 cup basil fresh thinly sliced
- 4 ounces mozzarella fresh thinly sliced

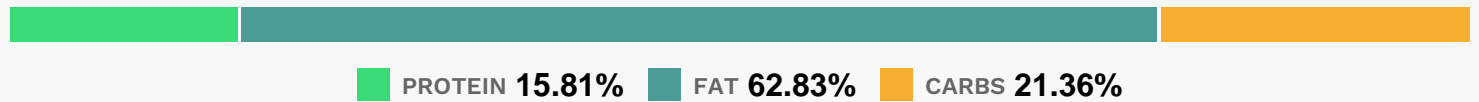
0.8 cup parmesan cheese freshly grated for serving

Equipment

Directions

- Baked-Eggplant Parmesan
- Traditional Eggplant Parmesan
- Crispy Lemon-Parmesan Eggplant
- Grilled-Eggplant Parmesan

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:11.386086990004%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 242.72kcal (12.14%), Fat: 17.3g (26.62%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 11.24g (4.09%), Sugar: 3.98g (4.42%), Cholesterol: 25.81mg (8.6%), Sodium: 455.31mg (19.8%), Alcohol: 0g (100%), Protein: 9.79g (19.59%), Vitamin K: 34.71µg (33.06%), Vitamin A: 1335.47IU (26.71%), Calcium: 251.98mg (25.2%), Phosphorus: 202.96mg (20.3%), Vitamin C: 16.5mg (20%), Vitamin E: 2.24mg (14.92%), Manganese: 0.29mg (14.58%), Selenium: 8.26µg (11.8%), Vitamin B12: 0.6µg (9.99%), Potassium: 341.29mg (9.75%), Zinc: 1.4mg (9.35%), Vitamin B2: 0.15mg (8.83%), Fiber: 2g (7.98%), Folate: 29.4µg (7.35%), Iron: 1.31mg (7.25%), Vitamin B6: 0.14mg (7.23%), Magnesium: 26.67mg (6.67%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.22mg (6.08%), Copper: 0.11mg (5.26%), Vitamin B5: 0.22mg (2.24%)