



Eggplant Parmesan Stacks

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb precooked polenta tube cooked (see notes)
- 1 lb eggplant
- 2 tablespoons basil dried fresh chopped
- 2 cloves garlic minced pressed peeled
- 8 breadsticks (2 to 3 oz. total)
- 8 oz onion peeled chopped
- 0.3 cup parmesan cheese grated
- 6 oz part-skim mozzarella cheese shredded
- 4 servings salt and pepper

14 oz canned tomatoes canned

Equipment

frying pan

baking sheet

oven

Directions

Rinse eggplant and trim off and discard both ends.

Cut eggplant crosswise into 8 equally thick slices.

Cut polenta crosswise into 8 equal rounds. Lightly coat a 14- by 17-inch baking sheet with olive oil cooking spray. Arrange eggplant and polenta slices in a single layer on sheet. Lightly coat tops of slices with more cooking spray.

Bake in a 425 regular or convection oven until eggplant is soft when pressed and polenta is heated through (cut to test), 20 to 25 minutes.

Meanwhile, in an 8- to 10-inch nonstick frying pan over medium-high heat, stir onion, garlic, and basil occasionally until onion is lightly browned, 4 to 5 minutes.

Add tomato pure and 1/4 cup water; simmer uncovered, stirring occasionally, until flavors are blended, 5 to 10 minutes.

Add salt and pepper to taste. Cover and keep warm over low heat, stirring occasionally, until eggplant is done.

When eggplant is soft, sprinkle mozzarella and parmesan cheeses equally over eggplant and polenta. Return to oven and bake until cheese is melted, about 2 minutes.

On each of four dinner plates, place 1 eggplant slice (use largest slices first) and drizzle with 1 tablespoon sauce; top with 1 polenta slice and 1 tablespoon sauce. Repeat until all slices are used. If desired, garnish each stack with rosemary sprig. Spoon remaining sauce around base of eggplant stacks.

Serve with breadsticks.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:4.32, Inflammation Score:-7, Nutrition Score:19.632173968398%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 306.7kcal (15.33%), Fat: 10.04g (15.45%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 31.61g (11.49%), Sugar: 11.49g (12.76%), Cholesterol: 34.47mg (11.49%), Sodium: 759.02mg (33%), Alcohol: 0g (100%), Protein: 18.31g (36.62%), Calcium: 514.23mg (51.42%), Vitamin K: 44.59µg (42.47%), Manganese: 0.77mg (38.56%), Phosphorus: 345.38mg (34.54%), Fiber: 7.5g (30.02%), Potassium: 766.71mg (21.91%), Iron: 3.93mg (21.81%), Vitamin B6: 0.42mg (20.89%), Vitamin C: 16.3mg (19.76%), Selenium: 13.59µg (19.42%), Copper: 0.38mg (18.83%), Magnesium: 74.36mg (18.59%), Vitamin B2: 0.3mg (17.58%), Zinc: 2.32mg (15.46%), Folate: 60.33µg (15.08%), Vitamin E: 1.93mg (12.88%), Vitamin B1: 0.18mg (11.9%), Vitamin B3: 2.37mg (11.86%), Vitamin A: 567.34IU (11.35%), Vitamin B5: 0.84mg (8.39%), Vitamin B12: 0.46µg (7.69%), Vitamin D: 0.17µg (1.13%)