



Eggplant Parmesan With Easy Homemade Sauce

READY IN



60 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon parsley dried
- ☐ 1 eggplant trimmed peeled sliced
- ☐ 8 ounce mozzarella cheese fresh sliced
- ☐ 1 clove garlic crushed
- ☐ 0.5 cup italian-seasoned bread crumbs
- ☐ 0.5 cup olive oil

- ☐ 0.3 teaspoon oregano dried
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 pinch pepper flakes red to taste
- ☐ 6 servings sea salt and ground pepper black to taste
- ☐ 6 ounce tomato paste canned
- ☐ 6 ounce water canned

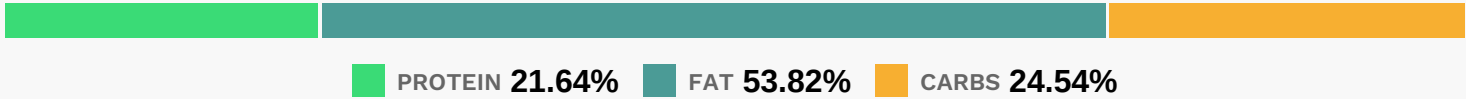
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease an 8x14-inch baking dish.
- ☐ Mix seasoned bread crumbs, 1/4 cup Parmesan cheese, and red pepper flakes in a shallow bowl.
- ☐ Brush eggplant slices with olive oil and press into bread crumb mixture to coat.
- ☐ Lay slices onto a baking sheet and bake in the preheated oven until browned and tender, about 15 minutes.
- ☐ Remove eggplant and reduce oven temperature to 375 degrees F (190 degrees C).
- ☐ Whisk tomato paste and water in a saucepan, place over medium heat, and bring to a simmer. Stir in basil, oregano, parsley, garlic, brown sugar, sea salt, and black pepper.
- ☐ Place eggplant slices into prepared baking dish, overlapping the slices. Spoon tomato sauce over eggplant and top with mozzarella cheese and 3/4 cup Parmesan cheese.
- ☐ Bake in the preheated oven until cheese is melted, about 15 minutes. If desired, broil for 1 to 2 more minutes to give the cheese topping a golden color.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:11.693913081418%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 268.21kcal (13.41%), Fat: 16.33g (25.12%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.34g (4.85%), Sugar: 5.57g (6.19%), Cholesterol: 40.84mg (13.61%), Sodium: 630.43mg (27.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Calcium: 341.25mg (34.13%), Phosphorus: 259.41mg (25.94%), Selenium: 13.76µg (19.66%), Manganese: 0.38mg (18.99%), Vitamin B12: 1.07µg (17.76%), Vitamin B2: 0.24mg (13.91%), Fiber: 3.41g (13.65%), Zinc: 2mg (13.35%), Vitamin K: 13.5µg (12.86%), Vitamin B1: 0.16mg (10.88%), Potassium: 339.53mg (9.7%), Vitamin A: 468.8IU (9.38%), Folate: 36.15µg (9.04%), Vitamin E: 1.29mg (8.61%), Magnesium: 34.09mg (8.52%), Copper: 0.16mg (7.83%), Vitamin B6: 0.16mg (7.82%), Iron: 1.37mg (7.63%), Vitamin B3: 1.52mg (7.6%), Vitamin C: 4.72mg (5.72%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.21µg (1.42%)