



Eggplant Parmesan with Fresh Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 1.3 cups coarse salt fresh
- ☐ 12 ounces mozzarella fresh
- ☐ 8 servings pepper freshly ground
- ☐ 0.8 cup olive oil divided
- ☐ 1 medium onion finely chopped
- ☐ 8 sprigs oregano
- ☐ 0.8 cup parmesan finely grated

- ☐ 2 tablespoons tomato paste
- ☐ 10 garlic clove whole finely chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ peeler

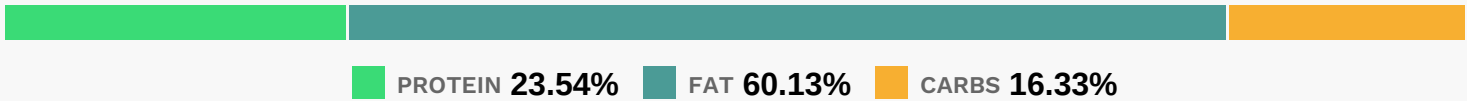
Directions

- ☐ Heat 1/4 cup oil in a medium saucepan over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, until beginning to brown, 6–8 minutes.
- ☐ Add chopped garlic and cook, stirring, until fragrant, about 1 minute.
- ☐ Add tomato paste and cook, stirring, until beginning to darken, about 2 minutes.
- ☐ Add tomatoes, crushing them with your hands as you add them; season with salt and pepper. Bring to a boil, reduce heat, and simmer, partially covered, mashing tomatoes occasionally, until slightly thickened, 15–20 minutes. Set tomato sauce aside.
- ☐ Preheat oven to 400°F. Using a vegetable peeler, remove skin from rounded side of each eggplant half, leaving a 1" strip of skin around the cut edges. Divide eggplants, oregano sprigs, whole garlic cloves, and 1/2 cup oil between 2 large rimmed baking sheets. Turn eggplants to coat with oil; season with salt and pepper and place cut side down. Cover baking sheets tightly with foil and bake until eggplants are very soft, 40–45 minutes.
- ☐ Toss breadcrumbs and remaining 2 tablespoons oil in a medium bowl.
- ☐ Transfer eggplants, oregano, and garlic to 2 large shallow baking dishes, placing eggplants cut side up. Top eggplants with tomato sauce and mozzarella, then sprinkle with breadcrumbs and Parmesan.
- ☐ Bake until mozzarella is bubbling and breadcrumbs are golden, 25–30 minutes.
- ☐ DO AHEAD: Tomato sauce can be made 3 days ahead.

☐

Let cool; cover and chill. Eggplants can be cooked 1 day ahead. Keep covered; chill. Entire dish can be assembled 4 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:12.086521812107%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 236.91kcal (11.85%), Fat: 16.24g (24.99%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.58g (2.76%), Sugar: 4.06g (4.52%), Cholesterol: 39.97mg (13.32%), Sodium: 18275.43mg (794.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.61%), Calcium: 411.27mg (41.13%), Phosphorus: 250.61mg (25.06%), Vitamin K: 19.63µg (18.69%), Vitamin B12: 1.08µg (18.03%), Manganese: 0.34mg (17.09%), Vitamin C: 12.34mg (14.95%), Selenium: 10.39µg (14.85%), Vitamin B2: 0.23mg (13.57%), Iron: 2.36mg (13.1%), Vitamin E: 1.9mg (12.69%), Zinc: 1.83mg (12.21%), Vitamin A: 572.95IU (11.46%), Vitamin B6: 0.23mg (11.36%), Potassium: 333.38mg (9.53%), Fiber: 2.34g (9.38%), Magnesium: 33.56mg (8.39%), Copper: 0.14mg (6.75%), Vitamin B1: 0.08mg (5.4%), Vitamin B3: 1.04mg (5.18%), Folate: 19.53µg (4.88%), Vitamin B5: 0.28mg (2.84%), Vitamin D: 0.22µg (1.45%)