



Eggplant Parmigiana

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 eggs lightly beaten
- ☐ 2 pounds eggplant (2 medium)
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon basil fresh minced
- ☐ 0.5 teaspoon thyme leaves fresh minced
- ☐ 16 ounce mozzarella cheese
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 12 ounce tomato paste canned
- ☐ 8 servings vegetable oil
- ☐ 1 cup milk whole

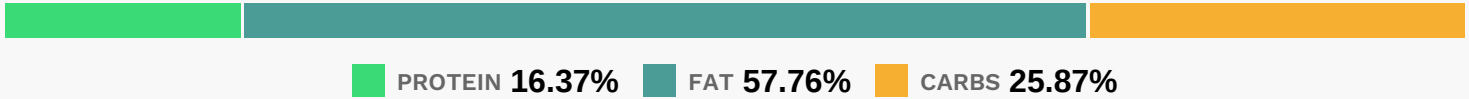
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel and cut eggplant into 1/2-inch-thick slices.
- ☐ Combine milk, egg, and olive oil; stir well. Gradually stir in flour. Dredge eggplant slices in flour mixture, coating well.
- ☐ Pour vegetable oil to a depth of 1 inch into a large heavy skillet. Fry eggplant, in batches, in hot oil over medium heat until golden.
- ☐ Drain on paper towels, and set aside.
- ☐ Drain stewed tomatoes, reserving 1/2 cup liquid. Chop tomatoes.
- ☐ Combine chopped tomato, reserved 1/2 cup tomato liquid, tomato sauce, and next 5 ingredients in a medium saucepan, stirring well. Bring mixture to a boil; cover, reduce heat, and simmer 10 minutes.
- ☐ Arrange half of eggplant slices in a lightly greased 13- x 9- x 2-inch baking dish.
- ☐ Layer half of mozzarella cheese over eggplant, and spoon half of tomato mixture over cheese. Repeat procedure with remaining eggplant, mozzarella cheese, and tomato mixture. Top with Parmesan cheese.
- ☐ Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:13.34, Inflammation Score:-9, Nutrition Score:21.984347633694%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 478.62kcal (23.93%), Fat: 31.61g (48.63%), Saturated Fat: 11.19g (69.94%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 25.15g (9.15%), Sugar: 12.17g (13.52%), Cholesterol: 71.63mg (23.88%), Sodium: 808.3mg (35.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Calcium: 417.27mg (41.73%), Vitamin K: 42.79µg (40.75%), Phosphorus: 351.88mg (35.19%), Manganese: 0.66mg (33.11%), Selenium: 19.55µg (27.93%), Fiber: 6.7g (26.82%), Vitamin E: 4mg (26.65%), Vitamin B2: 0.44mg (26.18%), Vitamin B12: 1.55µg (25.81%), Potassium: 821.12mg (23.46%), Folate: 78.83µg (19.71%), Vitamin A: 965.14IU (19.3%), Vitamin B1: 0.29mg (19.23%), Iron: 3.35mg (18.6%), Vitamin C: 15.07mg (18.27%), Copper: 0.36mg (18.23%), Zinc: 2.67mg (17.79%), Vitamin B6: 0.35mg (17.69%), Vitamin B3: 3.46mg (17.31%), Magnesium: 64.82mg (16.21%), Vitamin B5: 1.11mg (11.08%), Vitamin D: 0.69µg (4.59%)