



## Eggplant Parmigiana

READY IN



45 min.

SERVINGS



4

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup bread crumbs fresh lightly toasted
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots finely grated
- ☐ 2 large eggplant
- ☐ 1 bunch basil leaves fresh
- ☐ 1 pound mozzarella cheese fresh sliced
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings olive oil extra-virgin
- ☐ 1 onion spanish
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

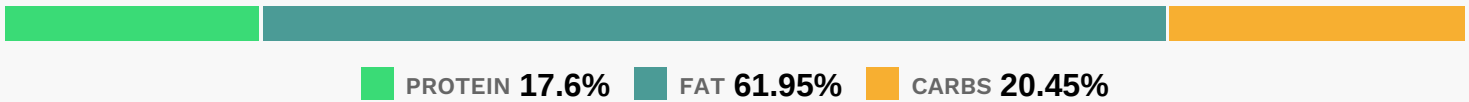
## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Using some extra-virgin olive oil, oil a baking sheet.
- ☐ Slice each eggplant into 6 pieces about 1 to 1 1/2 inches thick. Lightly season each disk with salt and pepper and place on the oiled sheet.
- ☐ Bake the eggplant at 450 degrees F until the slices begin turning deep brown on top, about 12-15 minutes.
- ☐ Remove the eggplants from the oven.
- ☐ Remove the slices from the baking sheet and place them on a plate to cool.
- ☐ Lower oven temperature to 350 degrees F. In an 8 by 12-inch brownie pan, place the 4 largest eggplant slice evenly spaced apart. Over each slice, spread 1/4 cup of tomato sauce and sprinkle with a teaspoon of basil.
- ☐ Place one slice of mozzarella over each and sprinkle with 1 teaspoon grated Parmigiano.
- ☐ Place the smaller slices of eggplant over each of the disks and repeat with tomato sauce, basil, and the 2 cheeses. Repeat the layering again until all the ingredients are used.
- ☐ Sprinkle the toasted bread crumbs over the top of the eggplant dish, and bake uncovered until the cheese is melts and the tops turn light brown, about 20 minutes.

- ☐
- Serve immediately.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:75.71, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:40.036957305411%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 808.04kcal (40.4%), Fat: 57.52g (88.49%), Saturated Fat: 21.03g (131.46%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 30.06g (10.93%), Sugar: 20.78g (23.09%), Cholesterol: 98.08mg (32.69%), Sodium: 1928.36mg (83.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.77g (73.54%), Calcium: 916.25mg (91.62%), Vitamin C: 54.14mg (65.62%), Phosphorus: 651.61mg (65.16%), Vitamin A: 3010.81IU (60.22%), Manganese: 1.15mg (57.31%), Vitamin E: 7.67mg (51.12%), Fiber: 12.65g (50.61%), Vitamin K: 48.81µg (46.49%), Vitamin B12: 2.76µg (45.99%), Vitamin B2: 0.73mg (43.18%), Potassium: 1496.29mg (42.75%), Vitamin B6: 0.8mg (39.83%), Iron: 6.57mg (36.51%), Selenium: 25.45µg (36.36%), Zinc: 4.89mg (32.58%), Magnesium: 120.91mg (30.23%), Copper: 0.55mg (27.66%), Folate: 108.65µg (27.16%), Vitamin B1: 0.4mg (26.6%), Vitamin B3: 5.15mg (25.77%), Vitamin B5: 1.46mg (14.64%), Vitamin D: 0.52µg (3.44%)