



Eggplant Parmigiana Rounds

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs dry with salt and pepper
- 1 pound eggplant cut into 1/2-inch-thick rounds
- 2 large eggs beaten
- 2 servings flour all-purpose for dredging
- 0.3 pound mozzarella cheese sliced thin
- 1 cup tomato sauce
- 2 servings vegetable oil for frying

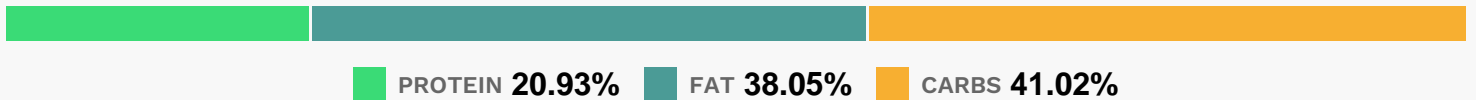
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- broiler
- slotted spoon

Directions

- Have ready in 3 separate bowls flour, eggs, and bread crumbs. Dredge eggplant in flour and coat with egg, letting excess drip off. Dredge eggplant in bread crumbs.
- In a large heavy skillet heat 1/4 inch oil over moderately high heat until hot but not smoking and fry eggplant rounds in batches 3 minutes on each side, transferring them with a slotted spoon to paper towels to drain.
- Preheat the broiler.
- Arrange rounds on a baking sheet and top with tomato sauce and mozzarella. Broil rounds about 2 inches from heat until cheese is melted, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:8.54, Inflammation Score:-8, Nutrition Score:29.992173899775%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 539.72kcal (26.99%), Fat: 23.22g (35.73%), Saturated Fat: 10.08g (62.97%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 45.65g (16.6%), Sugar: 15.67g (17.41%), Cholesterol: 230.79mg (76.93%), Sodium: 1308.3mg (56.88%), Alcohol: 0g (100%), Protein: 28.74g (57.49%), Selenium: 39.15µg (55.93%), Manganese: 1.11mg (55.58%), Phosphorus: 462.15mg (46.21%), Vitamin B2: 0.75mg (44.28%), Calcium: 427.13mg (42.71%), Fiber: 10.67g (42.67%), Vitamin B1: 0.61mg (40.36%), Folate: 145.45µg (36.36%), Vitamin B12: 1.88µg (31.32%), Potassium: 1082.68mg (30.93%), Vitamin B3: 5.91mg (29.56%), Iron: 5.13mg (28.48%), Vitamin A: 1235.87IU (24.72%), Copper:

0.48mg (24.04%), Zinc: 3.57mg (23.82%), Vitamin B6: 0.47mg (23.44%), Vitamin E: 3.34mg (22.29%), Magnesium: 86.53mg (21.63%), Vitamin B5: 2.12mg (21.19%), Vitamin K: 20.67µg (19.68%), Vitamin C: 13.56mg (16.44%), Vitamin D: 1.23µg (8.18%)