



Eggplant Parmigiana with Homemade Marinara Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs plain fresh fine (see tip below)
- 1 ounce pecorino cheese finely grated
- 1 serving salt and pepper freshly ground
- 1 cup flour all-purpose
- 4 large eggs lightly beaten
- 2 large eggplant sliced into ¼-inch-thick rounds
- 0.3 cup vegetable oil plus more if needed
- 1 serving tomatoes homemade

- 12 ounces mozzarella cheese grated
- 1.5 ounces pecorino cheese finely grated

Equipment

- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Combine breadcrumbs, pecorino Romano, 1/2 teaspoon salt, and some pepper. Put flour, eggs, and breadcrumb mixture in 3 separate dishes. Dredge eggplant in flour, shaking off excess. Dip in egg, letting excess drip off. Dredge in breadcrumbs to coat.
- Let stand for 30 minutes.
- Heat oil in large straight-sided skillet over medium-high heat. (Oil is ready when a breadcrumb sizzles when dropped in.) Working in batches, fry eggplant until golden, about 2 minutes per side.
- Transfer to a paper-towel-lined baking sheet. (If oil gets too dirty, discard, and heat an additional 1/4 cup.)
- Assemble the dish: Preheat oven to 375 degrees.
- Spread 1/2 cup marinara sauce in the bottom of a 9-by-13-inch baking dish. Arrange a layer of eggplant on top, overlapping slightly. Top with 1 cup sauce.
- Sprinkle with 1 cup mozzarella and 1/4 cup pecorino Romano. Repeat twice to form layers with eggplant, sauce, then cheeses. Cover with foil.
- Bake until bubbling, about 30 minutes. Uncover, and bake until cheese melts, about 5 minutes more.

Nutrition Facts

  
 PROTEIN 19.26%  FAT 45.3%  CARBS 35.44%

Properties

Glycemic Index:28.88, Glycemic Load:10.22, Inflammation Score:-6, Nutrition Score:19.040869609169%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 453.66kcal (22.68%), Fat: 22.92g (35.26%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 35.03g (12.74%), Sugar: 6.9g (7.66%), Cholesterol: 135.81mg (45.27%), Sodium: 705.49mg (30.67%), Alcohol: 0g (100%), Protein: 21.92g (43.84%), Selenium: 28.73µg (41.04%), Calcium: 387.23mg (38.72%), Phosphorus: 360.41mg (36.04%), Manganese: 0.66mg (32.92%), Vitamin B1: 0.46mg (30.54%), Vitamin B2: 0.51mg (29.75%), Folate: 99.4µg (24.85%), Vitamin B12: 1.39µg (23.1%), Fiber: 5.3g (21.21%), Vitamin K: 20.04µg (19.09%), Vitamin B3: 3.68mg (18.39%), Iron: 3.13mg (17.41%), Zinc: 2.51mg (16.74%), Potassium: 451.76mg (12.91%), Magnesium: 48.51mg (12.13%), Copper: 0.23mg (11.35%), Vitamin A: 551.87IU (11.04%), Vitamin B6: 0.22mg (10.82%), Vitamin B5: 1.07mg (10.67%), Vitamin E: 1.52mg (10.11%), Vitamin D: 0.71µg (4.76%), Vitamin C: 3.59mg (4.35%)