



Eggplant Pizzas

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggplant sliced into 1/2 inch rounds
- 2 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon pepper black
- 0.5 teaspoon oregano dried
- 14 ounce tomato sauce canned
- 0.5 teaspoon salt
- 1.5 cups mozzarella cheese shredded

0.3 cup vegetable oil

Equipment

bowl

frying pan

baking sheet

paper towels

oven

ziploc bags

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Beat the eggs in a bowl.

Mix the flour, salt, pepper, and oregano in a 1 gallon resealable plastic bag. Dip each eggplant slice in the egg, then drop the eggplant in the flour mixture one at a time, shaking the bag to coat the eggplant.

Heat the vegetable oil in a large, deep skillet over medium heat.

Place the eggplant slices in the skillet to cook, turning occasionally, until evenly browned.

Drain the eggplant slices on a paper towel-lined plate. Arrange the eggplant in one layer on a baking sheet. Spoon enough pizza sauce to cover each eggplant slice. Top each eggplant with mozzarella cheese.

Bake in the preheated oven until the mozzarella cheese is melted, 5 to 10 minutes.

Nutrition Facts



PROTEIN 15.6% **FAT 51.55%** **CARBS 32.85%**

Properties

Glycemic Index:53.5, Glycemic Load:20.21, Inflammation Score:-8, Nutrition Score:19.576521583225%

Flavonoids

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

Nutrients (% of daily need)

Calories: 445.07kcal (22.25%), Fat: 25.93g (39.89%), Saturated Fat: 8.42g (52.65%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 31.27g (11.37%), Sugar: 8.18g (9.09%), Cholesterol: 115.02mg (38.34%), Sodium: 1058.59mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Selenium: 25.44µg (36.35%), Vitamin K: 34.73µg (33.07%), Manganese: 0.63mg (31.64%), Vitamin B2: 0.48mg (28.36%), Phosphorus: 280.83mg (28.08%), Folate: 105.2µg (26.3%), Calcium: 258.03mg (25.8%), Fiber: 5.91g (23.62%), Vitamin B1: 0.34mg (22.38%), Vitamin E: 3.26mg (21.76%), Vitamin B12: 1.15µg (19.22%), Potassium: 657.49mg (18.79%), Iron: 3.35mg (18.58%), Vitamin B3: 3.64mg (18.22%), Vitamin A: 863.63IU (17.27%), Zinc: 2.14mg (14.26%), Copper: 0.28mg (13.79%), Vitamin B6: 0.26mg (13.15%), Magnesium: 49.72mg (12.43%), Vitamin B5: 1.17mg (11.66%), Vitamin C: 9.47mg (11.48%), Vitamin D: 0.61µg (4.05%)