



Eggplant Rollati Appetizer

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



491 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium eggplant sliced lengthwise into 1/2-inch
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 0.3 cup pinenuts toasted
- 2 pints ricotta cheese
- 5 servings salt and pepper to taste

2 cups pasta sauce

Equipment

bowl

sauce pan

Directions

- Combine basil, pine nuts, ricotta cheese, and salt and pepper to taste in medium size bowl.
- Place bowl in refrigerator.
- Coat eggplant slices lightly with olive oil.
- Place in large saucepan over medium heat, apply pressure to release moisture from eggplant.
- Remove eggplant sliced when tender. Allow slices to cool to room temperature.
- Spread a dollop of ricotta mixture over eggplant; roll up the slice of eggplant. Spoon marinara sauce over each rollati and sprinkle with Parmesan cheese.

Nutrition Facts

 **PROTEIN 21.17%** **FAT 60.41%** **CARBS 18.42%**

Properties

Glycemic Index:48.4, Glycemic Load:4.85, Inflammation Score:-8, Nutrition Score:24.028260790783%

Flavonoids

Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 490.98kcal (24.55%), Fat: 34.04g (52.37%), Saturated Fat: 17.3g (108.1%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 16.07g (5.84%), Sugar: 10.73g (11.92%), Cholesterol: 100.88mg (33.63%), Sodium: 908.84mg (39.51%), Alcohol: 0g (100%), Protein: 26.84g (53.68%), Manganese: 1.2mg (59.76%), Calcium: 475.92mg (47.59%), Phosphorus: 442.68mg (44.27%), Selenium: 30.39µg (43.42%), Vitamin K: 36.57µg (34.83%), Vitamin A: 1607.14IU (32.14%), Vitamin B2: 0.54mg (31.58%), Fiber: 7.29g (29.17%), Potassium: 973.05mg (27.8%), Zinc: 3.4mg (22.64%), Vitamin E: 3.27mg (21.77%), Magnesium: 82.94mg (20.73%), Copper: 0.41mg (20.53%), Folate: 77.7µg (19.42%), Vitamin B6: 0.35mg (17.46%), Iron: 2.65mg (14.7%), Vitamin C: 11.81mg (14.31%), Vitamin B3: 2.7mg (13.5%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.71µg (11.85%), Vitamin B1: 0.15mg (9.81%), Vitamin D: 0.4µg (2.69%)