



Eggplant Rollatini

 Gluten Free

READY IN



90 min.

SERVINGS



45

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 medium eggplants
- 2 large eggs beaten
- 3 cloves garlic minced
- 24 oz tomatoes
- 0.3 cup olive oil
- 0.8 cup parmesan grated
- 1.5 cups part-skim mozzarella shredded
- 3 cups part-skim ricotta

- 45 servings salt and pepper
- 10 oz pkt spinach frozen dry thawed chopped

Equipment

- bowl
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Slice ends off eggplants.
- Cut eggplants lengthwise into 1/4-inch-thick slices, discarding peel-covered ends. You should get roughly 16 slices total.
- Lay slices on a rimmed baking sheet and sprinkle both sides liberally with salt.
- Let stand for 15 minutes, then rinse salt off under cold running water and pat slices dry.
- Preheat oven to 400F.
- Brush both sides of eggplant slices with olive oil and place in single layers on 2 baking sheets. Roast for 15 minutes, until tender, turning eggplant slices over halfway through.
- Let cool on sheets on wire racks until cool enough to handle.
- In a large bowl, combine spinach, ricotta, garlic, eggs, 1/2 cup mozzarella and 1/2 cup Parmesan. Season with 1 tsp. salt and 1/2 tsp. pepper. Mist a 9-by-13-inch baking dish with cooking spray.
- Spread 1/2 cup of sauce over bottom of dish. Divide ricotta mixture among eggplant slices, using about 1/3 cup for each, spreading it down the center.
- Roll up slices and place seam-side down in baking dish. Top with remaining sauce and sprinkle with remaining mozzarella and Parmesan.
- Cover baking dish with foil and bake for 30 minutes.
- Remove foil and bake until browned and bubbling, about 15 minutes longer.
- Let cool for 10 minutes before serving.

Nutrition Facts

PROTEIN 25.19% FAT 49.26% CARBS 25.55%

Properties

Glycemic Index:2.93, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:5.9156521118206%

Flavonoids

Delphinidin: 34.89mg, Delphinidin: 34.89mg, Delphinidin: 34.89mg, Delphinidin: 34.89mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 68.55kcal (3.43%), Fat: 3.9g (6%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 2.92g (1.06%), Sugar: 2.13g (2.37%), Cholesterol: 16.91mg (5.64%), Sodium: 344.62mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin K: 26.22µg (24.97%), Vitamin A: 920.04IU (18.4%), Calcium: 109.54mg (10.95%), Manganese: 0.16mg (8.09%), Phosphorus: 80.75mg (8.08%), Selenium: 4.98µg (7.11%), Fiber: 1.63g (6.54%), Folate: 23.1µg (5.78%), Vitamin B2: 0.1mg (5.69%), Potassium: 189.19mg (5.41%), Vitamin E: 0.74mg (4.93%), Magnesium: 17.09mg (4.27%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.54mg (3.57%), Copper: 0.07mg (3.44%), Vitamin C: 2.36mg (2.86%), Iron: 0.5mg (2.8%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.47mg (2.35%), Vitamin B1: 0.03mg (2.1%), Vitamin B12: 0.12µg (1.97%)