



Eggplant Rollatini

 Vegetarian  Gluten Free

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

763 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 20 basil leaves
- ☐ 64 ounce tomatoes crushed canned
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 2 bay leaves dried
- ☐ 3 medium eggplants 4 pounds total
- ☐ 2 large eggs lightly beaten
- ☐ 2 cloves garlic chopped

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 1 small onion chopped
- ☐ 8 tablespoons parmesan grated
- ☐ 3 tablespoons pinenuts toasted
- ☐ 32 ounces ricotta cheese
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Preheat the grill pan and preheat the oven to 375 degrees F.
- ☐ Place a rack over a large baking sheet.
- ☐ Cut the 2 ends off the eggplant.
- ☐ Cut the eggplants lengthwise, into 1/2-inch thick slices. Arrange eggplant slices onto rack.
- ☐ Sprinkle with sea salt to help remove excess moisture and any bitterness from the eggplants. Set aside for about 10 to 15 minutes. Rinse off the salt from the eggplants and pat dry with a towel. Spray hot grill pan liberally with vegetable spray and then place eggplant slices on the

grill until lightly browned on each side and tender, about 4 minutes per side.

- ☐ Remove slices from the grill pan and allow to cool.
- ☐ In a large bowl, beat eggs until lightly scrambled.
- ☐ Mix the ricotta in with the egg.
- ☐ Add mozzarella, 3 tablespoons of Parmesan cheese and toasted pine nuts and gently combine. Fold in basil just to combine. Do not overmix.
- ☐ Place a tablespoon of the cheese mixture on 1 end of the eggplant and roll up tightly.
- ☐ Place the eggplant rollatini into a greased (with olive oil) 13 by 9-inch baking dish, seam side down. Continue with remaining eggplant. Evenly distribute the tomato sauce on top of the eggplant rollatini. Season with salt and pepper.
- ☐ Sprinkle with remaining 5 tablespoons of Parmesan cheese and bake for 15 minutes. When cooked, drizzle the top with extra-virgin olive oil.
- ☐ In a large casserole pot, heat oil over medium high heat.
- ☐ Add onion and garlic and saute until soft and translucent, about 5 to 10 minutes.
- ☐ Add celery and carrots and season with salt and pepper.
- ☐ Saute until all the vegetables are soft, about 5 to 10 minutes.
- ☐ Add tomatoes and bay leaves and simmer uncovered on low heat for 1 hour or until thick.
- ☐ Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.
- ☐ Add 1/2 the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- ☐ If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:64.47, Glycemic Load:10.23, Inflammation Score:-10, Nutrition Score:39.48086956273%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 763.14kcal (38.16%), Fat: 54.93g (84.51%), Saturated Fat: 23.07g (144.17%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 30.56g (11.11%), Sugar: 23.27g (25.86%), Cholesterol: 171.08mg (57.03%), Sodium: 734.28mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.87%), Manganese: 1.63mg (81.35%), Vitamin A: 3617.14IU (72.34%), Calcium: 588.61mg (58.86%), Phosphorus: 544.93mg (54.49%), Vitamin E: 8.16mg (54.39%), Fiber: 13.47g (53.87%), Potassium: 1714.03mg (48.97%), Selenium: 33µg (47.15%), Vitamin K: 49.08µg (46.75%), Copper: 0.87mg (43.72%), Vitamin C: 35.14mg (42.59%), Vitamin B2: 0.69mg (40.67%), Vitamin B6: 0.8mg (40.11%), Magnesium: 133.14mg (33.29%), Iron: 5.95mg (33.05%), Folate: 126.33µg (31.58%), Vitamin B3: 5.76mg (28.79%), Zinc: 4.02mg (26.77%), Vitamin B1: 0.38mg (25.5%), Vitamin B5: 2.2mg (22%), Vitamin B12: 0.97µg (16.18%), Vitamin D: 0.85µg (5.64%)