

Eggplant Rollatini

 Vegetarian

READY IN



295 min.

SERVINGS



15

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 cups tomato sauce jarred
- ☐ 2 large eggplants
- ☐ 5 eggs
- ☐ 15 servings flour all-purpose for dredging
- ☐ 2 to 3 garlic cloves finely chopped
- ☐ 15 servings olive oil
- ☐ 0.8 cup romano grated
- ☐ 15 servings salt and pepper black freshly ground

- ☐ 0.5 pound mozzarella cheese shredded
- ☐ 1.5 pounds milk ricotta whole

Equipment

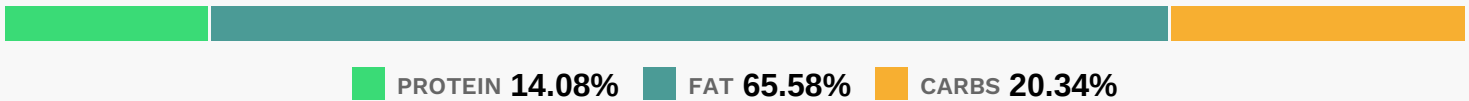
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Spoon the ricotta into a fine strainer placed over a bowl in the refrigerator for several hours. Discard the excess liquid.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread thin coating of olive oil on 3 baking or cookie sheet pans, or reuse the same pan several times.
- ☐ Wash the eggplants and cut the tips off.
- ☐ Put the flat end down onto the cutting board. Slice the eggplants lengthwise into 1/4-inch thick slices, to make about 15 slices. Beat 4 of the eggs.
- ☐ Add salt and pepper to season eggs. Coat each eggplant slice with flour, then dip into the beaten eggs, drain any excess egg mixture, and lay flat on baking sheet.
- ☐ Bake until golden brown, about 15 minutes. If you can't cook all of the eggplant at once, bake them in batches.
- ☐ Remove from the oven and cool to room temperature. Note: You can make the eggplant ahead of time and store it in the refrigerator.
- ☐ Combine spinach, ricotta, remaining egg, garlic, and 1/2 cup of the grated Romano or Parmesan in a bowl.

- ☐ Mix well.
- ☐ Add salt and pepper, to taste.
- ☐ Spoon 1 cup of tomato sauce onto the bottom of a small baking dish. Spoon 1 to 2 tablespoons of filling onto the wide end of each piece of eggplant. Then, roll up each piece and place into the baking dish.
- ☐ Top with remaining tomato sauce, shredded mozzarella, and remaining grated Parmesan. Cover with foil and bake for 45 minutes, until the tomato sauce is bubbling and the filling is hot.
- ☐ Let them rest for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:11.306521664495%

Flavonoids

Delphinidin: 52.33mg, Delphinidin: 52.33mg, Delphinidin: 52.33mg, Delphinidin: 52.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.04kcal (14.7%), Fat: 21.88g (33.66%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 12.34g (4.49%), Sugar: 6.65g (7.39%), Cholesterol: 75.35mg (25.12%), Sodium: 485.67mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin E: 3.24mg (21.63%), Calcium: 215.49mg (21.55%), Phosphorus: 202.04mg (20.2%), Selenium: 12.19µg (17.41%), Vitamin B2: 0.29mg (16.85%), Manganese: 0.28mg (14.24%), Vitamin B12: 0.78µg (13%), Vitamin K: 12.97µg (12.35%), Potassium: 425.1mg (12.15%), Fiber: 2.93g (11.7%), Vitamin A: 556.1IU (11.12%), Folate: 40.64µg (10.16%), Vitamin B1: 0.14mg (9%), Vitamin B6: 0.18mg (8.93%), Iron: 1.5mg (8.31%), Zinc: 1.24mg (8.24%), Vitamin B5: 0.82mg (8.23%), Magnesium: 31.47mg (7.87%), Vitamin B3: 1.5mg (7.49%), Copper: 0.14mg (7.14%), Vitamin C: 5.47mg (6.63%), Vitamin D: 0.88µg (5.85%)