



## Eggplant Rollatini

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



706 kcal

### Ingredients

- 2 slices eggplant whole thick peeled sliced lengthwise
- 2 cups ricotta cheese fresh
- 1.5 pound mozzarella cheese fresh shredded sliced ( )
- 3 tablespoons parmesan for sprinkling (plus extra )
- 1 egg whites
- 2 cups tomato sauce homemade store-bought prepared
- 1 loaf bread crumbs italian for serving

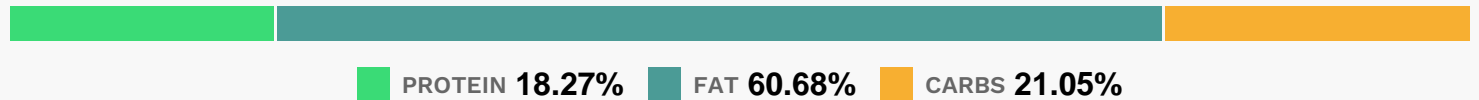
### Equipment

- oven

## Directions

- Baked-Eggplant Parmesan
- Stuffed Eggplant
- Eggplant Ricotta
- Bake
- Grilled Eggplant Parmesan
- Eggplant Stacks
- Blistered Eggplant With Tomatoes, Olives, and Feta

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:16.734347726988%

## Flavonoids

Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg

## Nutrients (% of daily need)

Calories: 705.62kcal (35.28%), Fat: 47.74g (73.44%), Saturated Fat: 27.54g (172.11%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 34.05g (12.38%), Sugar: 21.13g (23.48%), Cholesterol: 100.08mg (33.36%), Sodium: 1122.21mg (48.79%), Alcohol: 0g (100%), Protein: 32.34g (64.68%), Calcium: 589.82mg (58.98%), Phosphorus: 452.62mg (45.26%), Vitamin B12: 2.18µg (36.26%), Selenium: 25.02µg (35.74%), Vitamin B2: 0.48mg (28.17%), Zinc: 3.52mg (23.47%), Vitamin A: 1133.1IU (22.66%), Vitamin B3: 3.39mg (16.93%), Folate: 57.17µg (14.29%), Iron: 2.43mg (13.5%), Potassium: 466.41mg (13.33%), Fiber: 3.22g (12.86%), Magnesium: 45.35mg (11.34%), Vitamin B1: 0.13mg (8.84%), Vitamin E: 1.15mg (7.65%), Vitamin B6: 0.13mg (6.44%), Manganese: 0.12mg (6%), Vitamin C: 4.52mg (5.48%), Copper: 0.1mg (5.14%), Vitamin B5: 0.49mg (4.86%), Vitamin K: 4.75µg (4.53%), Vitamin D: 0.47µg (3.16%)