



## Eggplant Rollatini

READY IN



50 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 2 medium eggplant sliced lengthwise
- ☐ 1 cup flour
- ☐ 4 oz mozzarella cheese
- ☐ 3 tablespoon olive oil
- ☐ 0.8 cup parmesan grated
- ☐ 0.3 cup parsley
- ☐ 4 servings bell pepper
- ☐ 4 servings bell pepper

- ☐ 12 oz ricotta cheese
- ☐ 4 servings salt
- ☐ 3 cups pasta sauce

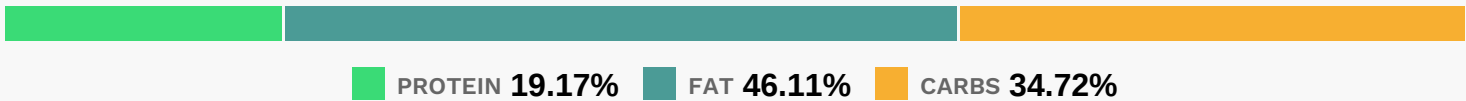
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 375 degrees.
- ☐ Heat oil in large non-stick skillet. Season eggplant and dip in flour.
- ☐ Saute eggplant until golden brown. Set eggplant slices on paper towels to drain.
- ☐ Combine in a medium bowl, ricotta, 1/2 cup parmesan, parsley and egg.
- ☐ Spread 1/2 cup spaghetti sauce in bottom of baking dish.
- ☐ Place several tablespoons of ricotta mixture at end of slice of eggplant, roll up and place in baking dish. Continue to assemble remaining slices of eggplant. Top with remaining spaghetti sauce and top with mozzarella and 1/4 cup parmesan.
- ☐ Bake for 30 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:81.75, Glycemic Load:25.32, Inflammation Score:-10, Nutrition Score:45.143478082574%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg

Luteolin: 0.96mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 670.27kcal (33.51%), Fat: 35.51g (54.63%), Saturated Fat: 15.95g (99.67%), Carbohydrates: 60.18g (20.06%), Net Carbohydrates: 46.46g (16.89%), Sugar: 21.71g (24.12%), Cholesterol: 119.44mg (39.81%), Sodium: 1643.43mg (71.45%), Alcohol: Og (100%), Protein: 33.21g (66.43%), Vitamin C: 213.61mg (258.92%), Vitamin A: 6605.34IU (132.11%), Vitamin K: 90.32µg (86.01%), Calcium: 614.23mg (61.42%), Manganese: 1.13mg (56.74%), Phosphorus: 565.88mg (56.59%), Fiber: 13.72g (54.89%), Folate: 217.02µg (54.25%), Selenium: 37.28µg (53.26%), Vitamin E: 7.55mg (50.33%), Vitamin B2: 0.85mg (49.85%), Vitamin B6: 0.91mg (45.3%), Potassium: 1582.17mg (45.2%), Vitamin B3: 6.84mg (34.19%), Vitamin B1: 0.49mg (32.91%), Iron: 5.47mg (30.38%), Magnesium: 110.85mg (27.71%), Zinc: 3.87mg (25.83%), Copper: 0.51mg (25.39%), Vitamin B5: 2.31mg (23.1%), Vitamin B12: 1.26µg (20.97%), Vitamin D: 0.6µg (3.98%)