



 **27%**
HEALTH SCORE

Eggplant Rollatini

READY IN



45 min.

SERVINGS



4

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound angel hair pasta
- 1 eggs beaten
- 1 eggplant peeled cut lengthwise into 1/4 inch slices
- 1 cup seasoned bread crumbs italian
- 2 tablespoons olive oil
- 10 slices pancetta
- 1 cup ricotta cheese
- 2 cups mozzarella cheese shredded
- 14 ounce pasta sauce

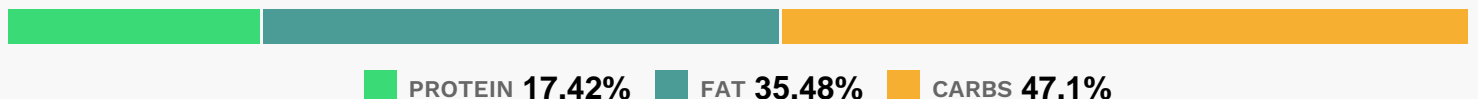
Equipment

- frying pan
- paper towels
- oven
- pot
- baking pan

Directions

- Dip the eggplant slices in egg, then coat with bread crumbs.
- Heat the olive oil in a large skillet over medium-high heat. Fry the eggplant on each side until golden brown.
- Remove to a paper towel lined plate to drain.
- Preheat the oven to 350 degrees F (175 degrees C).
- Spread a thin layer of ricotta cheese onto each slice of eggplant.
- Place a slice of prosciutto onto each one.
- Roll up tightly, and place seam side down in a 9x13 inch baking dish.
- Pour spaghetti sauce over the rolls, and top with shredded mozzarella cheese.
- Bake for 15 minutes in the preheated oven, until the cheese is melted and lightly browned.
- While the eggplant rolls are baking, bring a large pot of lightly salted water to a boil.
- Add the angel hair pasta, and cook for 2 to 3 minutes, until tender.
- Drain.
- Serve eggplant rolls and sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:37.57, Inflammation Score:-9, Nutrition Score:34.686956219051%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1024.94kcal (51.25%), Fat: 40.41g (62.17%), Saturated Fat: 17.29g (108.05%), Carbohydrates: 120.67g (40.22%), Net Carbohydrates: 110.65g (40.24%), Sugar: 13.11g (14.57%), Cholesterol: 130.28mg (43.43%), Sodium: 1431.57mg (62.24%), Alcohol: 0g (100%), Protein: 44.65g (89.29%), Selenium: 105.92µg (151.32%), Manganese: 1.73mg (86.63%), Phosphorus: 668.47mg (66.85%), Calcium: 520.98mg (52.1%), Fiber: 10.02g (40.09%), Vitamin B2: 0.65mg (37.96%), Vitamin B1: 0.54mg (36.22%), Zinc: 5.16mg (34.41%), Vitamin B3: 6.44mg (32.19%), Copper: 0.64mg (32.16%), Magnesium: 126.55mg (31.64%), Vitamin B12: 1.79µg (29.84%), Potassium: 1041.59mg (29.76%), Iron: 4.96mg (27.57%), Folate: 106.76µg (26.69%), Vitamin B6: 0.52mg (26.25%), Vitamin K: 26.92µg (25.63%), Vitamin A: 1235.13IU (24.7%), Vitamin E: 3.36mg (22.39%), Vitamin B5: 1.79mg (17.95%), Vitamin C: 10.27mg (12.45%), Vitamin D: 0.65µg (4.32%)