



 **28%**
HEALTH SCORE

Eggplant Rollatini

READY IN



45 min.

SERVINGS



6

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings flour
- 3.5 cups bread fresh french crustless
- 4 large eggs beaten to blend
- 0.8 cup basil fresh chopped
- 0.8 cup basil fresh chopped
- 3 cups tomatoes
- 8 ounces parmesan cheese grated
- 1.3 cups ricotta cheese (preferably whole-milk)

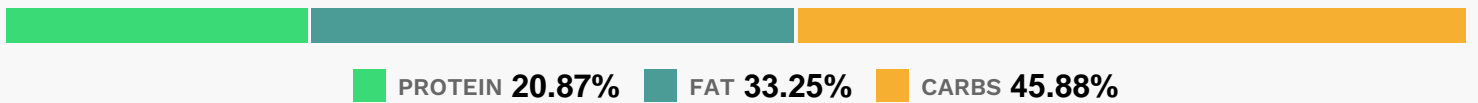
Equipment

- bowl
- baking sheet
- oven
- baking pan
- glass baking pan

Directions

- Preheat oven to 350°F. Spray 3 baking sheets and one 13x9x2-inch glass baking dish with nonstick spray.
- Place flour in 1 wide shallow bowl, eggs in second bowl, and breadcrumbs mixed with 1 cup Parmesan cheese in another.
- Sprinkle each eggplant slice with salt and pepper. Coat each slice with flour, then beaten egg, and finally breadcrumb mixture. Arrange eggplant slices in single layer on prepared sheets.
- Bake eggplant in batches until coating is golden, turning after 15 minutes, about 30 minutes total. Cool on sheets.
- Mix mozzarella cheese, ricotta cheese, basil, and 1 cup Parmesan cheese in medium bowl. Season filling with salt and pepper. Divide filling among eggplant slices (about 3 tablespoons per slice); spread evenly. Starting at 1 short end, roll up eggplant slices, enclosing filling. Arrange rolls, seam side down, in prepared baking dish. (Can be made 1 day ahead. Cover and chill.)
- Preheat oven to 350°F. Spoon marinara sauce over rolls; sprinkle with remaining 2/3 cup Parmesan cheese.
- Bake uncovered until rollatini are heated through and mozzarella cheese melts, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:57.61, Glycemic Load:41.93, Inflammation Score:-8, Nutrition Score:36.691304393437%

Nutrients (% of daily need)

Calories: 732.93kcal (36.65%), Fat: 27.19g (41.83%), Saturated Fat: 12.21g (76.34%), Carbohydrates: 84.44g (28.15%), Net Carbohydrates: 76.78g (27.92%), Sugar: 12.6g (14%), Cholesterol: 183.24mg (61.08%), Sodium: 1986.05mg (86.35%), Alcohol: 0g (100%), Protein: 38.41g (76.81%), Selenium: 74µg (105.71%), Manganese: 1.94mg (97.04%), Calcium: 661.17mg (66.12%), Phosphorus: 609.85mg (60.98%), Vitamin B2: 0.85mg (50.15%), Vitamin B3: 9.53mg (47.67%), Vitamin B1: 0.69mg (45.85%), Folate: 170.27µg (42.57%), Iron: 7.63mg (42.4%), Vitamin K: 36.43µg (34.69%), Vitamin A: 1586.57IU (31.73%), Fiber: 7.66g (30.63%), Zinc: 4.47mg (29.81%), Magnesium: 103.36mg (25.84%), Vitamin B5: 2.3mg (22.99%), Potassium: 753.94mg (21.54%), Copper: 0.43mg (21.45%), Vitamin B6: 0.4mg (19.77%), Vitamin E: 2.68mg (17.86%), Vitamin B12: 0.98µg (16.38%), Vitamin C: 9.93mg (12.04%), Vitamin D: 0.96µg (6.39%)