



Eggplant Rolls with Spicy Tomato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 lb eggplant
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 12.5 oz ricotta cheese fresh (preferably ;)
- ☐ 1 garlic clove minced
- ☐ 7 tablespoons olive oil
- ☐ 0.5 cup parmesan finely grated
- ☐ 1.5 lb plum tomatoes chopped
- ☐ 0.3 teaspoon pepper dried red hot

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar

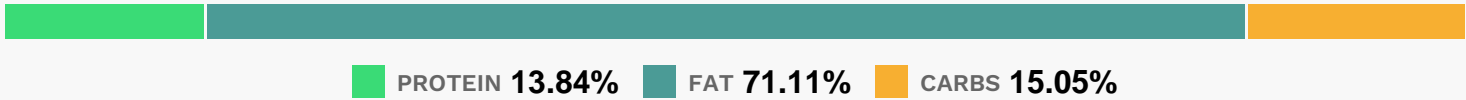
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cook garlic and red pepper flakes in 1 tablespoon oil in a 2-quart heavy saucepan over moderate heat, stirring, until garlic is golden, about 30 seconds.
- ☐ Add tomatoes, sugar, and 1/2 teaspoon salt and simmer, uncovered, stirring occasionally, until slightly thickened, 15 to 20 minutes.
- ☐ Heat grill pan over high heat until hot.
- ☐ Peel 2-inch-wide strips of skin from opposite sides of eggplant and discard. Holding a knife parallel to a peeled side, cut eggplant lengthwise into 8 (1/3-inch-thick) slices. 3
- ☐ Brush both sides of slices with 3 tablespoons oil (total), then season with salt and pepper.
- ☐ Grill slices in batches, turning over once and brushing grilled sides with some of remaining oil, until golden brown and tender, about 4 minutes, then transfer to a tray.
- ☐ Stir together cheeses, 2 tablespoons basil, pepper, and remaining salt. Divide cheese mixture among slices (3 to 4 tablespoons per slice), leaving an 1/8-inch border along edge.
- ☐ Roll up each slice, beginning with a short end, and serve rolls topped with sauce and sprinkled with remaining basil.
- ☐ ·Eggplant can be grilled using a gas grill. Preheat all burners on high, covered, 10 minutes, then reduce heat to medium. Grill eggplant on lightly oiled grill rack, covered with lid, turning over once, until tender and grill marks appear, 4 to 5 minutes total.

Nutrition Facts



Properties

Glycemic Index:81.02, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:19.589565116426%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 489.84kcal (24.49%), Fat: 39.86g (61.32%), Saturated Fat: 12.88g (80.52%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 12.57g (4.57%), Sugar: 10.34g (11.49%), Cholesterol: 53.68mg (17.89%), Sodium: 870.13mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.91%), Vitamin A: 2058.31IU (41.17%), Vitamin K: 40.91µg (38.96%), Calcium: 366.74mg (36.67%), Vitamin E: 5.06mg (33.72%), Vitamin C: 26.93mg (32.64%), Phosphorus: 304.13mg (30.41%), Manganese: 0.58mg (29%), Fiber: 6.41g (25.63%), Potassium: 844.16mg (24.12%), Selenium: 16.23µg (23.19%), Vitamin B2: 0.3mg (17.79%), Folate: 69.3µg (17.33%), Vitamin B6: 0.32mg (15.96%), Magnesium: 55.36mg (13.84%), Zinc: 1.92mg (12.78%), Copper: 0.25mg (12.46%), Vitamin B3: 2.09mg (10.46%), Vitamin B1: 0.14mg (9.14%), Iron: 1.46mg (8.12%), Vitamin B5: 0.81mg (8.05%), Vitamin B12: 0.45µg (7.52%), Vitamin D: 0.24µg (1.6%)